ੴ ਸਤਿਗੁਰ ਪ੍ਰਸਾਦਿ

INSIGHTS

AS INSPIRED BY GURBANI

Dedicated to the 550th Birth Anniversary of

Guru Nanak Dev Ji

As inspired by Gurbani, Insights are offered by

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Daily

INSIGHTS

(2018 – 2019)

Saturday, September 8, 2018

True: Humans experience ups and downs of life, including mistreatment and cruelty by others. True also is the following:

Waheguru is pleased with His devotee, for he relates with Him with heartfelt humility. Waheguru grants blessings to the humble devotee. The premier blessing is the grant of devotion. Devotion of devotee is his love and reverence for Waheguru.

Sunday, September 9, 2018

It appears that all living beings live moment to moment, doing whatever their nature dictates, worry free. Only human beings worry, and live with numerous other feelings, for they are thinking beings.

Monday, September 10, 2018

WHAT IS NAAM?
Naam is the Eternal Name. All other names are short-lived. They are finite. Naam refers to Waheguru of infinite names (Attributes). Naam was present in Nirgun sarrop, before the finite names came into existence. Naam is present now in Sargun Saroop. Naam brought nature and species of finite names into existence. Naam is present in the current epoch. Naam will be present in the future.

Tuesday, September 11, 2018

Waheguru gives the blessing of His worship to the person He selects. He also blesses the person to become a disciple of Guru of Truth, to learn Divine Wisdom in order to become His worshiper.

Wednesday, September 12, 2018

God is willing and able to love (Be affectionate to) a person who He so selects.

Thursday, September 13, 2018

Waheguru enables a person to have heartfelt focus on Guru's statements of truth about Divine Wisdom.

Friday, September 14, 2018

God is Enabler of union of His devotee with Him.

Saturday, September 15, 2018

God is enabler of heartfelt praise of Him by His devotee.

Sunday, September 16, 2018

Mere parroting of Gurshabad, whether abridged as Waheguru, Sat Naam or expanded as in a complete Shabad, is basically confirming to one's mind how disparate one's awareness is from Guru's awareness.

Monday, September 17, 2018

Listening intently to Keertan is a means to move close to the awareness of Guru Is expressed in the Gurshabad.

Tuesday, September 18, 2018

The connectedness with God on the basis of intellectual understanding of Gurshabads is distinctive from the connectedness of the heart — an emotional connectedness

Wednesday, September 19, 2018

In order to engage emotionally with God, one should focus on such attribute(s) of God as has blessed and helped one. Personal knowledge identifies such an attribute of God.

Thursday, September 20, 2018

Achieving connectedness with God by means of only one of His attributes is enough to be connected with Him on all of His known and unknown attributes. For example, touching a part of one's body with one's finger not only touches a specific part of the body but also results in touching the body itself.

Friday, September 21, 2018

The connectedness with God, both with intellect and emotions, is the ideal connectedness. Only God can bring this about. In this case, God connects with the person moment to moment, i.e., continuously.

Saturday, September 22, 2018

Emotional connectedness with Waheguru is due to His blessing. Self-effort to connect with God by means of His attributes (such as He is the Forgiver; He listens to true supplication; He has showered so many blessings) gives one a start. However, God's willingness to support and intensify self-initiated emotional connectedness is a must to gain perpetual connectedness (ਦਸਲ) with Him.

Sunday, September 23, 2018

To experience God as being "here and now" is possible only if He so blesses a person. This blessing is due to Kindness of God. This kindness is unfathomable. In the same manner the gratitude of the one who is so blessed by God is also unfathomable. The Giver of blessing is absolutely unique and the blessed one is also unique, for the blessed one feels the sense of gratitude which from his viewpoint is unparalleled.

Monday, September 24, 2018

Until God grants the blessing (Daat) of perpetual connectedness, both intellectually and emotionally, one's self effort to connect with God (By reminding self of His attributes such as Gobind, Gopal, Dial and others) remains short of reaching the point of perpetual connectedness (Milap). Only God's above blessing causes one to be automatically and effortlessly connected with God. Supplicate to Guru and Waheguru for this blessing.

Tuesday, September 25, 2018

The experience of connectedness with Waheguru can be compared to and illustrated in the following examples: A hungry man gets to eat delicious food; a thirsty person gets to have a sweet and nourishing drink; a traveler reaches the destination safely; a hopeful person finds his hope fulfilled.

Wednesday, September 26, 2018

Today we will take a pause. Let you review and digest the ideas thus far. Hope you find the ideas of value to you. We have much more to come.

Thursday, September 27, 2018

Gurbani, regarded as one's perfect guide in life, grants the virtues of truthfulness, contentment, thoughtfulness, mercifulness, righteousness, Patience, happiness, peacefulness and many more virtues.

Friday, September 28, 2018

Devotion to God, which is of the type that perpetually render one absolutely humble before God's devotees, gives supreme happiness and absolute contentment. Now, one is perpetually connected with God, both intellectually and emotionally. Now one has: Absolute faith in God, trust in God and one experiences loyalty, obedience, nearness, humility, reverence, love and commitment towards God — all rarest blessings (Dattan) of God.

Saturday, September 29, 2018

The mental state of on-going connectedness with God, which is automatic, effortless and permanent, is the choicest, priceless blessing of God. This blessing is not received because of any special merit but is received by God's unexplainable kindness.

Sunday, September 30, 2018

One is rich in every sense when God casts His glance of Grace on His devotee.

Monday, October 1, 2018

The wait for God's kindness to connect one with Himself, as prolonged as it may be, is absolutely worthwhile, for such kindness shall happen.

Tuesday, October 2, 2018

The perpetual, automatic connectedness with God is the "Sehaj" state of mind. Such a connectedness is blissful and propels one to long intensely for its continuation. When one has this state of mind, one longs to experience more of it — to continue this engagement. The Bandgi (Worship of God) of this type, once established, is self-perpetuating.

Wednesday, October 3, 2018

God is closer to all of us than even our hands are. Why do we not know and feel this truth? The answer is that mind of each one of us remains immensely distant, far away, from God. And there is no way for mind to get closer to God or unite with Him, except with the guidance of someone who is in union with God and is kind to show the way to union with God.

Thursday, October 4, 2018

An earnest disciple of Guru of Truth (True Sikh) is also true devotee of Waheguru. Such a devotee always thinks of Waheguru with pure love. Waheguru responds with love. And manifests Himself in the mind of His true devotee, continuously.

Friday, October 5, 2018

All minds are impure to a lesser or greater degree except the mind of Guru of Truth and the mind of Supreme Being (One of whose names is Truth). If a mind becomes pure, then it merges into the Pure One (Supreme Being). Or put another way, the abode of Pure One becomes the pure mind. The union of the two is akin to one body of water entering into another body of water, or one light entering into another light. Both become one, not distinguishable any more.

How does an impure mind become pure? It becomes pure by pursuing earnest discipleship of Guru of Truth, mind which is pure. The mind of Guru of Truth is the abode of Pure One. As the impurities of mind, the ignorance of mind, start disappearing and are replaced by enlightenment received from the Guru of Truth, the mind of disciple finally becomes purified. Now the cycle of pleasure and pain ends. Worry of mind (ਅਛੰਤੀ) ends, replaced by abiding peacefulness and happiness (ਆਨੰਦ).

Saturday, October 6, 2018

“ਤੁਮ ਦਾਤੇ ਠਾਕਰੁ ਪ੍ਰਿਤਪਾਲਕ ਨਾਇਕ ਖਸਮ ਹਮਾਰੇ” (Tum Datey, Thakar, Pritpalak, Naaik, khasam hmarey)
This verse of Guru Ji is valid and true. Its truth and validity does not depend on any one’s belief. It is an absolute statement, valid and true on its own merit.
If the mind of a person acknowledges this statement as valid and true, then like Guru Ji, such a person views the Supreme Being as: “ਤੁਮ ਦਾਤੇ ਠਾਕਰ”
This acknowledgement provides instant Darshan of personality of Supreme Being. Besides the Darshan, separateness of the person and Supreme Being disappears. Waheguru grants blessings, exercises full control over the person, fulfills his needs, leads him in righteous living, has personal stake in him, cares for him moment to moment, treats the person as his child. As to the person, he is absolutely unable to praise Him enough.

Sunday, October 7, 2018

Utterance of the word Waheguru without having had received instruction from Perfect Teacher, is far different than when uttered by a person who has received Guru’s instruction and who has adequately benefitted from it. In the second case, the utterance is infused with knowledge and feelings instilled in the mind by True Guru. The word expresses profound admiration for Sat Guru and Eternal Guru. The word expresses immense gratitude to both for granting their Darshan, and granting the mind blessing of union with them.

Monday, October 8, 2018

Human mind is an absolutely amazing entity. At its worst, it does the biddings of evil. At its best, it befriends even the Supreme Being, the Owner of all that there is.
Even more amazing: Upon its death, upon its annihilation, it becomes immortal — ਰਬ ਵਿਚ ਸਮਾ ਜਾਂਦਾ ਹੈ (Merges in Rab).
What all has gone on in this world, what all is going on in this world, what will go on in this world, are the exhibition of infinite capacity of human mind. The Supreme Being uses human minds to carry out His Will?

Tuesday, October 9, 2018

The ability to pay attention ਧਿਆਨ ਦੇਣਾ) and then become aware is at the base of all learning and retention of that learning in memory. All knowledge, all discoveries, all inventions, all achievements of humankind, all arts, all sciences, all human progress of the past, present and future owe their origin and advancement to attention-paying. Attention-paying is sequentially followed by awareness, learning, memorization and recall.

In the case of Shabads of SGGS if the cognitive and emotional content of the Shabad(s) is properly paid attention to, then awareness of Guru's wisdom is followed by learning and memorization. The recall of cognitive and emotional content of Guru's wisdom automatically connects the mind with Supreme Being.

Wednesday, October 10, 2018

Waheguru is not invented. Waheguru is not imagined. Waheguru is not had by any means. Waheguru indwells all. Waheguru is discovered by each person who is so destined. Waheguru is discovered with the help of someone who is in union with Waheguru. This someone enlightens the mind, freeing it of all doubts and by removing all hindrances before the mind. The fully enlightened mind 'sees' indwelling Waheguru, vividly.

Thursday, October 11, 2018

Indwelling Waheguru is discovered from within. If the self (ਹਿਰਦਾ) connects with Waheguru, then Waheguru is seen by the mind as physical eyes see the world.

Friday, October 12, 2018

With the primal, first Order (Hukam), all functions related to creation, sustainment and destruction got established and have continued since then.

Saturday, October 13, 2018

All existences are due to One Existence.

Sunday, October 14, 2018

There are two realities. One is reality of world. Other is Reality of Waheguru. Human mind must attach to one of the two realities. Whichever reality mind attaches to, mind does so to the exclusion of the other. And over time, attachment tends to intensify. Such is the nature of mind. Attachment to Waheguru finally takes the mind to the pinnacle from where mind witnesses Waheguru everywhere in everyone.

Monday, October 15, 2018

There is no one we may think of or is as our protector in perpetuity, except The One.

Tuesday, October 16, 2018

The super structure of wisdom of Guru of Truth is built on the unshakable belief of existence of Waheguru.

Wednesday, October 17, 2018

Truth is supreme. It is the foundation of all progress, whether it is material or moral or spiritual. Ignore truth and stagnate or regress.

Thursday, October 18, 2018

Self-reflection and self-evaluation are tools to assess spiritual progress towards the goal of understanding of wisdom of Guru of Truth. How close one is to Guru's awareness; does one belong in the company of saints of Waheguru; and how close one is to union with Waheguru; are also known with self-evaluation.

Friday, October 19, 2018

The sublime words of Gurus and Saints communicated by Sri Guru Granth Sahib are powerful words. The words encourage, motivate, inspire, and admonish the disciple to have a personal relationship of love and reverence with Supreme Being. The words impact the thinking and feelings of disciple, transforming both. In time, disciple's perspective comes into harmony with Guru's perspective.

Saturday, October 20, 2018

Waheguru indwels (ਪਰਕਾਸ਼ਮਾਨ ਹੈ) all living beings. They are alive because of Waheguru's holy spark (ਜੋਤ) in each. If one believes this truth, then it is incumbent that mind understands, remembers and owes a debt of gratitude for the life one is blessed with. The holy spark is within.

Sunday, October 21, 2018

Manisha daan karnang, sarbatar aasa poorneh

Khandnang kal klesey, Prabh simar Nanak neh doorneh Translation

PRABH (Ji) fulfills the desires and all hopes of True Devotee. The Supreme Being (Prabh) protects the devotee from afflictions. Guru Nanak affirms that the Supreme Being is always near the True Devotee.

Alternate Translation

Devote to Waheguru with love, humility and reverence. Waheguru is nearest to you. He resides in your body and in all creation. He grants all wishes of devotee. He fulfills all hopes of His devotee. Waheguru destroys all afflictions the devotee may suffer from.

Please note: *This verse was given to me by my grandfather, Late Sardar Balwant Singh Ji when I was perhaps 8 or 9 years old. I was too young to know the significance of this verse of Sri Guru Granth Sahib. However, evidently I have treasured the sermon. Now I am passing it on to you. Ponder, meditate often.*

Monday, October 22, 2018

If a mind is fully enlightened / made pure with the impact of Gurbani on the mind, then that mind is honored / dignified / graced by the presence of Eternal Enlightener, Waheguru. This is vouched for by the Guru of Truth.

“ਪੂਰਨ ਜੋਤ ਜਗੇ ਘਟ ਅੰਤਰ ਤਾਂਹਿ ਖਾਲਸ ਨੈਹਿ ਨਖਾਲਸ ਪੈਹਚਾਨਬੋ”।

It is said that the fully enlightened mind experiences unique and continuous pleasure (ਮਹਾ ਆਨੰਦ). Also, such a person experiences celestial music, without the physical accompaniment of musical instruments.

Tuesday, October 23, 2018

Unlike teacher of academic subject matter, teacher of Eternal Truth teaches Divine Wisdom (Brahm Gyan). The teacher of Eternal Truth covers (Teaches) both the rational and emotional aspects of Divine Wisdom. As the result of learning lessons of Divine Wisdom, the mind of student (Disciple) of Divine Wisdom undergoes rational and emotional changes. The changes pertain to student’s views and feelings about the teacher of Truth and Brahm (Waheguru). An advanced student of Brahm Gyan (Saint) approaches the awareness of his teacher (Guru) regarding precepts of Divine Wisdom and emotional links with Waheguru.

Wednesday, October 24, 2018

There is one existence which is Supreme in every respect. Has infinite attributes. It is possible to have a close personal relationship with the Supreme Being with the help and guidance of wisdom of Guru of Truth. This wisdom is enshrined in SGGS.

Thursday, October 25, 2018

According to Gurbani, the Lord (ਠਾਕਰ) of humanity, physical world, physical universes and all else can be befriended as well as revered and loved as parent. How many in humanity know this truth? Even persons born into Sikh Faith remain oblivious to this truth.

Friday, October 26, 2018

According to Gurbani, the Lord (ਠਾਕਰ) of humanity, physical world, physical universes and all else can be befriended as well as revered and loved as parent. How many in humanity know this truth? Even persons born into Sikh Faith remain oblivious to this truth.

How can the Lord be befriended and loved as parent? What is the method to befriend and love the Lord?

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How can the Lord be befriended and loved as parent? What is the method to befriend and love the Lord?

Gurbani shows the way to befriend and love the Lord as parent. Gurbani makes the disciple an ideal friend (Saint). Gurbani makes the disciple an ideal child (Saint). A saint and Lord are as close to each other as one can imagine. Actually there is no space between the two. There are ever-strengthening, mutual bonds of friendship and love between the two. The Lord cherishes and promotes the relationship of friendship and love with True Devotee. The devotee cherishes and is grateful for the relationship of friendship and love with the Lord. The goal of two is the same: to be dear friends and love each other. Each feels joy and fulfillment.

ਗੋਬਿੰਦ ਭਾਉ ਭਗਤ ਕਾ ਭੂਖਾ: The Lord yearns for the link of loving worship with the devotee.
ਜਿਨ ਪਰੇਮ ਕੀਉ ਤਿਨ ਹੀ ਪਰੱਭ ਪਾਇਉ। Love is the only means to befriend the Lord and be treated as child.

Sunday, October 28, 2018

The poetic compositions of Gurus and Saints are endorsed and promoted by Sri Guru Granth Sahib. These compositions reflect numerous delicate emotions about Saints, Guru and Waheguru. It is the impact of these powerful and exquisite emotions on the mind of disciple of Guru that the disciple makes such emotions his own.

Monday, October 29, 2018

Gurbani inculcates many emotional ties with Waheguru in the mind of disciple of True Guru. Evidently, most emotional ties are between the High and the low.

Consider the emotions of humility, reverence and gratitude on the part of disciple of Guru towards Waheguru. The disciple views Waheguru as Lord (Sahib), Supreme Being and Giver of blessings. The disciple regards himself in a lower position than the status of Omnipresent, Omnipotent and Omniscient Waheguru. In the case of most other emotional ties also, disciple regards himself in a lower position than the status of Waheguru.

There is one and only one emotional tie with Waheguru, in which the devotee and Waheguru are at par with each other. The status difference is erased. That emotional tie is the emotion of love between the two. There is identical, emotional pull and regard on both sides.

Tuesday, October 30, 2018

Simran of Waheguru, Waheguru, is fine. Also dwell on various emotional ties with Guru and Waheguru by personalizing various emotional ties. “I am absolutely humble towards my Guru and Waheguru”.

Wednesday, October 31, 2018

The flow of Time is at breakneck speed. Everyone and everything is moving at breakneck speed on the piggyback of Time. The one and only One who is not moving (Is ever-stable) is Akal (Not affected by Time —Waheguru).

Thursday, November 1, 2018

The first step on the spiritual journey is to seek shelter, to make genuine request for protection and assistance to the Eternal Guru and / or the Guru of Truth — the request for the grant of self’s passionate connectedness with Saints, Guru and Waheguru. The next steps on the spiritual journey are guided by the wisdom received from Guru of Truth. The steadfast pursuit of this journey enables the mind to eventually experience peace and happiness and witness omnipresence of Waheguru.

Friday, November 2, 2018

How does love for Waheguru appear in mind? Love for Waheguru appears in mind as the result of earnest discipleship of Guru of Truth. Wisdom of Guru makes the mind clean after existing impurities are eliminated from it. The devotee with purified mind and Waheguru (Who is present in the body) fall in love with each other.

Saturday, November 3, 2018

Guru of Truth reveals the compassionate attributes of the Supreme Being; pays obeisance and praises the compassionate attributes of The Supreme Being, in Gurbani. Compassion of Waheguru inspires the disciple to be hopeful.

Sunday, November 4, 2018

In order to reach the edible part of a certain fruit, one must remove the peel of that fruit. In order to reach the edible part of a nut, one must remove the shell of that nut. In a similar manner, one must remove ignorance and falsehood from the mind in order to witness the presence of Waheguru who dwells inside the body. Gurbani removes ignorance and falsehood from the mind and lays bare the presence of Waheguru inside the mind which is reformed and made pure by Gurbani.

Monday, November 5, 2018

The Supreme Being has infinite attributes, according to Guru of Truth. Absolute, committed acceptance of only one attribute by an individual instantly provides the Darshan of Supreme Being and connects mind of the individual with Supreme Being.

“ਟੁਕ ਦਮ ਕਰਾਰੀ ਜੌ ਕਰੋ ਹਾਜਰ ਹਜੂਰ ਖੁਦਾਏ” I witness the Supreme Being present, instantly, with absolute, committed acceptance of Supreme Being.

Tuesday, November 6, 2018

TRISHNA
Whatever takes the mind in opposite direction to union with Guru and Waheguru. We know or should know when it happens.

HAR KA NAAM

Whatever takes the mind in opposite direction to trishna and in direction of union with Guru (Conformity with wisdom / teachings of True Guru) and Waheguru (Supreme Being with who True Guru is in union and with who Gurbani unites). We know or should know when we are on the right path to union with Waheguru.

Wednesday, November 7, 2018

If we honestly look within, we have a strong tendency to relegate waheguru (God) to a place other than the first place during most of our wakeful hours. If we are fortunate, then we give first place to Waheguru some time of the day.

Thursday, November 8, 2018

Sustained connectedness with the Supreme Being with intense emotions such as humility, gratitude, awesomeness, reverence results in reciprocal response of kindness (Kirpa ਕਿਰਪਾ) from the Supreme Being (Parm Purkh, ਪਰਮ ਪੁਰਖੁ) । The Kind response of Waheguru blesses the devotee. Through the conduit of mutual bond of connectedness, flows worship from the side of worshiper and Kirpa from the side of Supreme Being.

Friday, November 9, 2018

It is said that Intense longing for Waheguru unites the mind with Waheguru. Guru of Truth creates this intense longing. Wondrous is this longing. Intense longing repels ugliness (Awgun) of mind. Intense longing attracts beauty (Shubh gun) of mind. It takes a moment for awareness (Surt) to unite with what Guru of Truth says (Gurshabad) about union with Waheguru. So, it takes a moment for the mind, who longs intensely, to unite with Waheguru.

Saturday, November 10, 2018

Satguru blesses the Sikh with freedom from tough obstacles, both inner and worldly.
“ਸਤਗੁਰ ਬੰਦੀ ਛੋੜ ਹੈ”

Outwardly, we celebrate freedom with ਦੀਪ ਮਾਲਾ (Diwali). Inwardly, we celebrate freedom with great happiness (ਆਨੰਦ)।

Sunday, November 11, 2018

Mind is surrounded by impenetrable barriers of ignorance. The mind is inaccessible. Nothing can attack it. Nothing can conquer it. Mind cannot be conquered by any means from outside. However, mind’s vulnerability lies within. In order that mind accepts defeat, the ignorant mind must receive wisdom of Guru. From within and under the impact of divine knowledge, ignorance of mind gets destroyed. The mind is conquered. The mind becomes enlightened.

Monday, November 12, 2018

Gurbani turns the disciple (Earnest student) of True Guru (Devotee of Waheguru) ever-humble, ever-grateful, ever-reverential, ever- loving, ever-obedient, ever-faithful, ever-intimate, ever-devoted to Waheguru.

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According to the Guru of Truth, Waheguru is Ever-Kind, Ever-Protective, Ever-Responsive to the devotee. Given the traits of Waheguru and devotee of Waheguru, there exist unbreakable bonds between the two. In fact, they are in union with each other.

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A word to us, if we are wise, therefore is to learn Divine Wisdom (Brahm Gyan) from True Guru in order to receive rarest of the rare blessing of union with the Lord of all.

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It is sufficient to gain one sublime trait such as climax of humility, with the help and guidance of Gurbani for, to be united with the Lord. All other sublime traits, noted above, are had automatically. The reason is this: Unlike an absolutely humble person towards the Lord, an egotistical person can never be grateful, can never be intimate, can never be faithful, and can never be obedient to the Lord. In fact, such a person cannot be a believer in the first place. An absolutely humble person is automatically grateful, intimate, faithful, and obedient to the Lord.

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For a believer, it is extremely easy to be profoundly humble towards the Provider of life and livelihood, and of such magnificent greatness, absolute piety and omnipotence.

Saturday, November 17, 2018

Today, reflect on the previous Insights.

Sunday, November 18, 2018

The reverence, humility, gratefulness, loyalty, ingenuous relationship, and hopefulness for protection from harm an earnest disciple (Sikh of Guru) has towards Guru or Waheguru is unconditional and perpetual. The above relationships of the Sikh of Guru or devotee of Waheguru do not end; instead the relationships strengthen over time. With the blessings of Guru and Waheguru, the relationships continue and grow.

Monday, November 19, 2018

Distractions and natural inclinations of mind make it difficult to remember Waheguru.
It is not easy to remember Waheguru when one enjoys good health. That is the way it is. But to remember Waheguru in bad health is much more difficult, if not impossible. So make good use of good health.

Tuesday, November 20, 2018

FUNDAMENTAL TRUTHS OF SIKH FAITH

Guru Nanak Dev states: There is one creator of all. The same creator is the sustainer of all. The same creator is the destroyer of all. The same creator indwells all. It is a considered opinion that all other attributes of the creator follow from the fundamental truths, whether they are standalone types, such as creator is eternal, or the attributes are relational types, such as creator protects those who seek creator's shelter.

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The questions arise: Should human beings recognize the existence of their creator? How must human beings relate with their creator? Guru Nanak Dev states that human beings must recognize the existence of their creator. And every human being must worship the creator with sincere and passionate mind.

Thursday, November 22, 2018

FUNDAMENTAL TRUTHS OF SIKH FAITH

Guru Nanak Dev states: There is one creator of all. The same creator is the sustainer of all. The same creator is the destroyer of all. The same creator indwells all. It is my considered opinion that all other attributes of the creator follow from the fundamental truths, whether they are standalone types, such as creator is eternal, or the attributes are relational types, such as creator protects those who seek creator's shelter.

The questions arise: Should human beings recognize the existence of their creator? How must human beings relate with their creator? Guru Nanak Dev states that human beings must recognize the existence of their creator. And every human being must worship the creator with sincere and passionate mind. If a person makes a firm and permanent choice affirming the existence of creator-sustainer-destroyer, then how does that person worship creator-sustainer-destroyer with sincere and passionate mind?

Friday, November 23, 2018

ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਜੀ ਦੇ ਆਗਵਨ ਪੁਰਬ ਦੀ ਵਧਾਈ, ਵਧਾਈ ਵਧਾਈ

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If a person makes a firm and permanent choice affirming the existence of creator-sustainer-destroyer, then how does that person worship creator-sustainer-destroyer with sincere and passionate mind? The question is two-fold and requires two answers: What is worship? Worship of creator-sustainer-destroyer is perpetual connectedness of mind with creator-sustainer-destroyer. What is a sincere and passionate mind? A mind which is sincere and passionate can be exemplified by the relationship between two persons bonded together in true friendship or the relationship that bonds together parents and their child or the relationship that bonds together true Sikh with Guru. All three examples do not require special effort to bond. The fact of bonding is natural and effortless in all cases.

Saturday, November 24, 2018

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How is sincere, passionate and perpetual connectedness of mind with the creator-sustainer-destroyer possible? It is possible only if such a connectedness is granted as a blessing to a person by the creator-sustainer-destroyer through the True Guru, meaning Guru Nanak Dev and his ten spiritual descendants. So, read, listen to, understand Gurbani and incorporate the lessons of Gurbani of Sri Guru Granth Sahib in own conduct. And supplicate to Guru and Waheguru for the grant of blessing of sincere, passionate and perpetual connectedness of own mind with the creator-sustainer-destroyer.

Sunday, November 25, 2018

UNION (ਮਿਲਾਪ) WITH TRUE GURU AND WAHEGURU

To feel, to experience epitome (perfection) of any one of the following emotions toward True Guru and Waheguru is union with Guru and Waheguru:
Supplication (Ardaas, ਅਰਦਾਸ) or humility or gratitude or reverence or faith or passionate affection or intimacy or wonderment about grandeur and sublimity or loyalty or friendship.
Only True Guru can instill perfect emotions, noted above, in the mind of Sikh, through Gurbani (ਕਲਾਮ of True Guru).

Monday, November 26, 2018

The teachings of True Guru are powerful. It is astonishing that the recorded messages of Guru are also Guru. They affect the mind the same way. They have the power to change a degenerate mind into an honorable, virtuous and noble mind (person).

Tuesday, November 27, 2018

Given: A firm, unshakable belief in the existence of Waheguru (Raam, Allaha, God, Rab)

Given: All that exists is the creation of Waheguru. Waheguru sustains all creation. Waheguru destroys all creation as Waheguru wills.

Given: Waheguru is Omnipresent. Waheguru indwells all living beings.

Given: It is the energy (Satya, ਸਤਿਆ) of Waheguru, who is present in all living beings, that operates all systems of bodies (Whether of humans or animals or plants or all else). When Waheguru departs from anybody, all systems of that body stop functioning, and the body turns into dust.

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Given: A firm, unshakable belief in the existence of Waheguru (Raam, Allaha, God, Rab)

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Overarching given: The only rational conclusion in view of the above “givens” is that it is impossible to not see, to not witness, to not have Darshan (ਦਰਸ਼ਨ) of Waheguru inside everyone, everywhere and at all times.

Thursday, November 29, 2018

Given: A firm, unshakable belief in the existence of Waheguru (Raam, Allaha, God, Rab)

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Therefore, if anyone wishes to have Darshan of Waheguru at all times, everywhere and in everyone, then he or she must subscribe to the above givens. Gurbant teaches why and how to subscribe to the "givens" noted above.

Friday, November 30, 2018

Given: A firm, unshakable belief in the existence of Waheguru (Raam, Allaha, God, Rab)

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Therefore, if anyone wishes to have Darshan of Waheguru at all times, everywhere and in everyone, then he or she must subscribe to the above givens. Gurbant teaches why and how to subscribe to the "givens" noted above.

If a person is ignorant of the above "givens" or rejects the above "givens", then that person is engulfed in a grand illusion (Maya). Maya's influence on untutored human mind is inescapable and it is extremely powerful. It traps all humanity and causes each member to do its bidding. It has the power to render mind "blind" and "deaf". Maya causes the trapped person to engage in evil thoughts and evil deeds.

But Maya is subservient to Waheguru. And those among humanity who accept the "givens", noted above, cannot be trapped by Maya. Such individuals live noble and pious lives and are honored by Waheguru.

Saturday, December 1, 2018

ਰੰਗ ਲਾਗਤ ਲਾਗਤ ਲਾਗਤ ਹੈ
ਭਰਮ ਭਾਗਤ ਭਾਗਤ ਭਾਗਤ ਹੈ

Devotion to Waheguru is in increments, till in full bloom
Doubt is expelled in increments till its doom
OR
Turns into "Thou" slowly
OR
Sustained hopefulness of union with Waheguru, eventually, is fulfilled.

Sunday, December 2, 2018

It is said about a legendary bird "Chadrick" (ਚਾਤ੍ਰਿਕ) that this bird's thirst is quenched only when a special raindrop falls in its beak. So is the case with a Sikh of Guru. His / her thirst is quenched only after having Darshan of Waheguru. According to Gurbani, both occurrences are extremely rare. It is with great good fortune that either of the two thirsts is quenched.

Monday, December 3, 2018

Unlike the founders of other religious faiths, Guru Nanak founded his religious faith, the Sikh Faith, on heartfelt humility towards the Supreme Being. The precept of humility is consistently reflected in the Baanee of Guru and his spiritual descendants. The same is true in the sermons of venerated individuals whose Baanee is in Sri Guru Granth Sahib. In Gurshabads, one sees the title of Daas (Humble one) used frequently.

Tuesday, December 4, 2018

Gratitude of Waheguru for untold kindnesses is normal. Ungratefulness of Waheguru is abnormal, mean and callous. Gratefulness of Waheguru renders the mind averse to disunion with Waheguru. A great boon to the mind!

Wednesday, December 5, 2018

If Waheguru is remembered with thoughts and emotion learnt from Gurbani, then Waheguru is always in one's thoughts and emotions. If gratitude of Waheguru prompts the mind to remember the kindnesses of Waheguru, then the gratitude is not only for a moment but it is now and always. Waheguru is forever; gratitude is also forever. Mind is always in union with Waheguru.

Thursday, December 6, 2018

If mind's perspective becomes solidly anchored to the wisdom of Guru (Babek, ਬੱਬੇਕ), then remembrance of Waheguru always takes precedence over the day to day ordinary concerns and activities of life. In dealing with difficult situations, supplication to Guru and Waheguru is resorted to. In response to comforting and pleasant situations, gratitude to Guru and Waheguru is expressed. In short, no life-situation of a devotee of Waheguru disunites him / her from Guru and Waheguru.

Friday, December 7, 2018

Nothing is undoable by Waheguru. We find many examples of the seemingly impossible, narrated by Sri Guru Granth Sahib. The lives of Ajamal and Ganka are two examples.

However, for a replicable process and replicable outcome (the process of attaining oneness with Waheguru and final outcome of oneness with Waheguru), discipleship of True Guru is must. One must go through the process of learning Divine Wisdom from True Guru. With the grasp of full awareness of Brahm Gyan, one's mind attests to the fact of oneness (Full harmony) with Waheguru.

Earnest discipleship is offered to all by Sri Guru Granth Sahib, for teachings are of universal importance and application. The benefit (End result) of learning from the True Guru is established by self-evaluation and self-attestation.

Saturday, December 8, 2018

A believer sees the footprint of Supreme Being everywhere, in everything and in everyone. A non-believer does not see such footprint. Both are right, for each sees with different set of eyes.

Sunday, December 9, 2018

Waheguru treats the devotee as a parent treats the child. Waheguru treats the devotee as a fast friend treats the friend. Waheguru treats the devotee as a kind and merciful person treats the entreaty of a person. Waheguru treats the devotee as a benevolent, shelter-giver provides protection to a person seeking protection.

Waheguru's attributes of perfect Parent, perfect Friend, perfectly Merciful and perfect Protector with regard to devotee are continuous, without break or gap or pause. To become an earnest Sikh of True Guru — a devotee of Waheguru — is to enjoy perfect parenthood, perfect friendship perfect kindness and perfect protection of Waheguru.

Monday, December 10, 2018

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To be the recipient of above blessings of Waheguru means mutual bonds between Waheguru and devotee. Waheguru cares for the devotee continuously. The devotee continuously chants praises (Simran Karda hae, ਸਿਮਰਨ ਕਰਦਾ ਹੈ) of Waheguru.

Tuesday, December 11, 2018

Waheguru (Wondrous Guru) is a name of the Supreme Being (ਪਰਮ ਪੁਰਖ, Parm Purkh). Waheguru is wondrous, for Waheguru gives Gyan of his Personalty to Satguru. The first Satguru being Guru Nanak Dev Ji. The Satguru gives Gyan to his earnest Sikh. So the name "Waheguru" is both for the Supreme Being and Satguru Guru Granth Sahib.

Wednesday, December 12, 2018

Certain scientists of name and fame claim that what cannot be understood in the Cosmos, is non-existent, for everything is comprehensible. The claim is that God does not exist. This, in fact, is proof that the Existent One is Incomprehensible.

The faculty of knowing and knowledge gained about matters related to the Cosmos are made possible by the presence of Waheguru in the body. The faculty of knowing is posterior to (Later to) the One who is anterior to (Prior to) knowing.

Thursday, December 13, 2018

Human mind and human brain are amazing entities. Working in cohort and properly educated in science and technology, they unlock mysteries of Nature and mysteries of Cosmos. Working in unison and properly educated in wisdom of True Guru, they discover the most mysterious Being — the Supreme Being.

Friday, December 14, 2018

Here is how a devotee's mind is in union with Waheguru. Waheguru blesses the devotee and the devotee is grateful recipient of the blessings. Waheguru is Lord of the devotee and the devotee is humble one of the Lord. Waheguru is Provider of devotee and devotee is caressed one of Provider. Waheguru is revered Sovereign over devotee and devotee is loyal subject of Sovereign.

Saturday, December 15, 2018

To sell one's conscience to falsehood does not lead to noble outcome. Instead it leads to 'ignoble and self-destructive' outcome. Conversely, to sell / to dedicate one's conscience to truth leads to 'noble, constructive and honorable' outcome.

To sell one's conscience to Manmat does not lead to noble outcome. Instead it leads to 'ignoble and self-destructive' outcome. Conversely, to dedicate one's conscience to Gurmat leads to 'noble, constructive and honorable' outcome.

Hence it is in one's self-interest to abdicate "Manmat" and to dedicate to "Gurmat". Fortunately, it is never too late.

Sunday, December 16, 2018

Prayers for the month of POH

If the devotion (Love, Reverence, Humility) of mind for Waheguru becomes intense and extreme, then Waheguru remains obscure from mind no more. Waheguru becomes manifest (Vivid) in the mind. Self-reflection provides proof of this truth. Mind experiences deficiency in nothing.

The challenge is to make devotion of mind for Waheguru intense and extreme. This challenge is successfully met as disciple of Sri Guru Granth Sahib.

Monday, December 17, 2018

The bottom line truth is that without the guidance of True Guru, no one can escape the harmful entanglements of life. To become free, it is possible only by becoming an earnest disciple of Guru, by judiciously learning the wisdom of Guru.

Who is True Guru? The one who "knows" the True One — the Eternal; who is in union with the True One. The one who unites the disciples with the True One.

Tuesday, December 18, 2018

The most fortunate moment of life is when mind is offered as price for making Waheguru one's (Mind's) own. That very moment, Waheguru becomes one's own. All hesitations and all doubts about the worthwhileness of bargain end, on the part of fortunate "buyer". All impurities and shortcomings of the acquired mind now are for Waheguru to cleanse, perfect and finally embrace.

Waheguru cleanses and perfects the mind with Gurbani. It is now Guru's undertaking. Guru always rises to the challenge in making improvements to disciple's mind. The time it takes for Guru to fully render improvements depends on the condition of mind at the beginning of person's discipleship. However, Guru is known to improve minds in dramatic manners. The examples of "Sajjan thag" (Waylayer) and "kauda rakash" (Cannibal) are well known.

Wednesday, December 19, 2018

Every human being has unique body, unique eyes, unique voice, unique thumbprints, unique ears and I venture to say unique mind.

Each mind is unique for the reason that each person's life experiences are unique. In addition, the make-up of each mind is unique because of the imprints on it from prior birth(s).
The actions in life of each person are unique. Because of uniqueness of each person's actions, the rewards and punishments of each person are unique.

The above are astounding accomplishments of the Maker. One more reason to be impressed and to utter "Wah".

Thursday, December 20, 2018

There is absolutely no way by which mind can possess (Be in union with) Waheguru, except by way of worship (Bhagti). Worship of Waheguru is possible if mind has passionate humility (Complete erosion of egotism) towards Waheguru.

Passionate humility engenders passionate affection in the mind and many more passionate links with Waheguru. These links lead to worship by the heart (Dilon muhabat). And such worship leads to union with Waheguru.

The various passionate links are fostered in the mind by Guru of Truth by means of Gurbani (Guru's Kalaam).

Friday, December 21, 2018

A while ago, I heard Gyani Sahib Singh, Head Sewadar - Granthi at Gurdwara Shahbad Markanda respond to the following question posed to him: Why doesn't Waheguru speak? He responded by saying: “saanoon blauna nahi aunda”. (Waheguru doesn't speak, for we do not know how to address Him). The answer thrilled the questioner and he embrace Gyani Ji.

Waheguru is the absolute Monarch over all in His creation. Before He speaks to a person, the person must possess the needed temperament. This temperament is brought about in a person by the wisdom of Perfect Guru.

Waheguru is versant in all languages, whether human or non-human. Waheguru knows what is hidden in the mind of a person.

Waheguru responds to expression of passionate humility and passionate affection. If a person possesses these qualities, then Guru confirms: Birthee kadey na jaey sewak kee ardas. (A devotee’s entreaty to Waheguru does not go waste; it is heard and granted).

Saturday, December 22, 2018

Attributes (Gunn, ਗੁਣ) of Waheguru are aggregation of perfections. Some of the attributes of Waheguru are relational with devotee (Bhagat).

Attributes of devotee are aggregation of imperfections. Some of the attributes of devotee are relational with Waheguru.

Examples of relational attributes of Waheguru with devotee are: Waheguru acts as Parent of devotee. Waheguru listens to the entreaty (Ardass) of devotee. Waheguru shelters His devotee.

Examples of relational attributes of devotee with Waheguru are: Devotee addresses Waheguru with utmost humility. Devotee has deep reverence for Waheguru. Devotee asks Waheguru to fulfill his needs and bless him.

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The relational attributes of Waheguru with devotee and relational attributes of devotee with Waheguru are promoted by the Perfect Guru (Kaamal Murshad, ਕਾਮਲ ਮੁਰਸ਼ਦ). The process brings the devotee and Waheguru ever-closer to each other.

The end result of above process is union of devotee (Bhagat) and Waheguru. It is as if imperfections of the devotee disappear and some perfections of Waheguru appear in the mind of devotee.

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ਹਰ ਜਨ ਐਸਾ ਚਾਹੀਏ ਜੈਸਾ ਹਰ ਹੀ ਹੋਏ
(Devotee becomes the mirror image of Waheguru)

Thakar and Sewak (Ever-obedient) are now in union. Balak and Maat-Pitta are now in union. The Alms-Giver and Beggar are now in union. The Lord and subject are now in union.

In union, the reflection (Remembrance, Simran) is not detached from the subject of reflection (Guru and Waheguru). The remembrance (Simran) in union is merging of mind with Guru and Waheguru.

Tuesday, December 25, 2018

To be able to utter and to reflect on Waheguru
(Rab, Allaha, Khuda, God ....) With passionate affection and passionate reverence is the greatest privilege of life. Such utterance and reflection gives the mind benefits extraordinaire. These free the mind from all sorts of bondages and afflictions. The bondages and afflictions are replaced with awareness of that which is noble.

Wednesday, December 26, 2018

(BASED ON A VERSE OF GURBANI)

ਧੀਰਉਂ ਦੇਖ ਤੁਮ੍ਹਾਰੇ ਰੰਗਾ
ਤੂ ਹੀ ਸੁਆਮੀ ਤੂ ਹੀ ਅੰਤਰਜਾਮੀ
ਤੂ ਹੀ ਬਸੈਂ ਸਾਧ ਕੈ ਸੰਗਾ

Mind is in perfect poise, not scattered, in witnessing your colorful acts:
Life is due to you; nothing is hidden from you;
You (Waheguru) are constant companion of your devotee's mind.

The above verse says it all about the Sehaj state of mind. Contemplate it often.

Thursday, December 27, 2018

ਕੋਟਨ ਮੈ ਕੋਊ ਨਾਰਾਇਨ ਜਿਹ ਚੀਤ
(Kotan mae kou Naraen jeh cheet)

According to Gurbani, there are no more than few hundred persons, out of total world population of 7.7 billion, who sincerely and truly worship God (Waheguru). This is amazing revelation. This is all what humanity may factually claim.

Since Guru's statement is true, what is perceived (passes as) as worship must not be worship of God. This gives one pause and reason for introspection and assessment of self.

Friday, December 28, 2018

The bodies are alive because of rays of Sun (Waheguru). The inanimate bodies also exist because of Waheguru.

ਜੋ ਪਿੰਡੇ ਸੋਈ ਬਰੈਹਮੰਡੇ
(What exists in bodies, the same exists in entire Cosmos)

The infinite bodies are alive because of Rooh (Hans, ਹੰਸ) in each body. The bodies carry out functions allocated to each by Waheguru.

Only human mind has the potential to know the Rooh in body. Rooh remains obscure in the body till the wall of egotism (Haume, ਹੌਮੈ) which hides the Rooh from mind is removed. Wisdom of Guru removes the obstructive wall.

The Guru of Truth (Sri Guru Granth Sahib) acts as go-between the mind of earnest disciple and Waheguru (Life Spark, Rooh in the body). Guru appeals to Waheguru to be Kind to his disciple and to reveal His presence in the body. Guru teaches lessons of Divine Wisdom to his disciple to overcome disjunction (Due to Haume) with Waheguru.

Finally, Guru succeeds in enabling the mind of His disciple “see” Waheguru in the body. The mind of such a disciple is thrilled, filled with indescribable joy and experiences abiding peacefulness (Shanti, ਛਾਂਨਤੀ)

Saturday, December 29, 2018

Here is a suggestion: Consider creating a document on your computer to input each insight. Then review the insights often.

The journey from words of Gurbani merely spoken, heard or read, to words of Gurbani experienced at the deepest level of mind is tough and problematic. However, sustained and earnest discipleship of Guru of Truth is capable of endowing the mind with thoughts and emotions of Guru, while eliminating thoughts and emotions which are unacceptable to Guru.

According to well-known discoursers of Gurbani (Katha Wachik), there are instances of Sikhs who recite Gurbani and do other religious acts for years and yet do not experience thoughts and emotions expressed in Gurbani, at the core of self (Rang nahee laga). What may be the problem?

For Gurbani to settle at the core of self, disposition of an earnest student is required. Otherwise the tough disjunction with Guru and Waheguru due to egotism (Haumen, ਹੌਮੈ) acts as powerful barrier against inroads of Gurbani to enlighten the mind.

If a verse or Shabad of Gurbani is read with concern for meanings, with focused attention and respectful attitude, then the impact on mind is strikingly different than cursory reading. If one continues to relate with Gurbani with focused attention and respectful attitude, then one is on the path to spiritual progress.

Sunday, December 30, 2018

Physical eyes cannot see Waheguru. Only mind's eyes possess the "potential" of seeing Waheguru. But Waheguru is hidden from the mind, for mind's eyes are blind.

The eyesight of mind can be restored. Gurbani does this restoration, gradually. First, the mind sees Waheguru only dimly. As Gyan of True Guru is applied judiciously, the mind starts seeing Waheguru ever more clearly. Finally, when Gyan is in full bloom, Waheguru is seen by the mind with full eyesight. All doubts of mind disappear completely and are gone forever. Now, not only the enlightened mind sees Waheguru clearly but Waheguru is as close to the mind as one's hand is close to self.

Monday, December 31, 2018

According to Gurbani, Waheguru and His worshiper have a mutual relationship. They are in a two-way relationship.

The worshiper is ever-ready to adore Waheguru. Waheguru is ever-ready to bless the worshiper with His grace (Kirpa). The worshiper aspires to and endeavors to have a permanent relationship with Waheguru.

Waheguru actively supports the worshiper. Proof of this support is steadfast continuation of worshiper's adoration of Waheguru, in spite of ups and downs of life.

Tuesday, January 1, 2019

Wish you happy and insightful New Year 2019

(Each day listen to Keertan by opening the site on cell phone for Ragis, such as Darshan Singh, Lakhwinder Singh)

TIME AND TIDE WAIT FOR NO BODY

Waste no time doing that which is most worthwhile. The moment which passes is gone forever.

What is most worthwhile this moment? Each must answer this question. The Guru of Truth advises: Singing the praises of Gobind each moment is most worthwhile. Praise of Gobind ought to emanate from the depth of heart. Praise of Gobind ought to reflect reverence, love and humility.

Reverence and passionate affection of Gobind should be now and later like the steady and permanent flow of time. If this is possible, then mind is blessed with Darshan and Milaap of Waheguru.

What about attending to important routines of life? Mind has immense potential, especially when supported by Guru. Mind can handle both, the routines and worship of God.

Wednesday, January 2, 2019

Today, reflect on the previous Insights.

Thursday, January 3, 2019

According to Buley Shah (ਬੁਲੇ ਸ਼ਾਹ), a folk poet of Punjab: ਰਬ ਤਿਨਾਂ ਨਾਲ ਵਸਦਾ ਨੀਤਾਂ ਜਿਨਾਂ ਦੀਆਂ ਅਛੀਆਂ।
(God dwells in the minds of those whose mentality is good / clean / pure).

Cleaning the mind, purifying the mind is what Gurbani does. Let us get busy with that.

Friday, January 4, 2019

A truth statement put forward by Sri Guru Granth Sahib is that breathing is possible because of Swami (Literally, Owner of breaths). Body functions because of the presence of Swami in the body.

Mind functions because of the presence of Swami in the body. Swami knows the deepest secrets and not so-deep secrets of mind. Swami is always in union with the devotee.

ਤੂੰ ਹੀ ਸਵਾਮੀ ਤੂੰ ਅੰਤਰਜਾਮੀ ਤੂੰ ਬਸੈਂ ਸਾਧੁ ਕੇ ਸੰਗਾ
(Toon hee Swami toon Antarjamee toon Bsen
Saadh ke sanga).

The above centrality of Swami to life is made known by the Guru of Truth. Otherwise, mind remains oblivious of this truth.

What is the priority of human life in light of Truth? The priority is to be aware of Swami with each breath.

The obliviousness of minds of humanity about truth regarding Swami is the basis of Manmukhta and the consequent suffering (Dukh) at the individual level and the reason for so much disarray, dysfunction and lack of peace in the world.

Please note: Lag matra may not be correct in the Gurmukhi text.

Saturday, January 5, 2019

FIRST DESERVE, THEN DESIRE

Devotion (Shardha, Bhawna) level towards Guru and Waheguru is the basis and extent of blessings from Waheguru.

Sunday, January 6, 2019

Sincere supplication, with utmost humility, to the Maker and Benevolent One bears fruit. The supplication-maker successfully avoids wayward tendencies of mind and safely crosses the dreaded ocean of temptations by the grace (Kirpa) of Maker.

Supplication is made sincere and humble through discipleship of True Guru. Supplication becomes sincere and humble as teachings of Guru deepen the sensitivity of mind.

Monday, January 7, 2019

After how long one would be blessed with human body again, the answer to this question is unknown. However, according to Gurbani, it is never too late to become an earnest disciple of Guru of Truth and start the process of purification of mind this very moment.

ਰੰਗੁ ਲਾਗਤ ਲਾਗਤ ਲਾਗਤ ਹੈ ਭਰਮੁ ਭਾਗਤ ਭਾਗਤ ਭਾਗਤ ਹੈ
(Rang laagat laagat laagat hae Bharm bhaagat bhaagat bhaagat hae)

Under the impact of Bani (Expressions) of True Guru, Sri Guru Granth Sahib, and disjunction - disunion - with Guru and Waheguru disappears as the mind gradually becomes purer and enlightened.

Tuesday, January 8, 2019

ADVICE OF A SAGE

Be merciful, not cruel. Cultivate happy - contented disposition, not sad and discontented disposition. Be friendly, not unfriendly and not cantankerous. Avoid bad company

The above traits of personality put a person on the right path, spiritually as well as socially. Gurbani endorses the same values.

Wednesday, January 9, 2019

Worship of God (ਰਬੁ ਦੀ ਭਰਤੀ, Rab dee bhagti) is true worship of God if it pleases God. Otherwise it is of no value. Any so-called worship which is not acceptable to God is actually an example of Manmukhta.

True worship is honored by God. According to Gurbani, such worship is sanctioned by God. And God is the reason for noble endeavors of mind, in harmony with Bani of True Guru (Sri Guru Granth Sahib).

Thursday, January 10, 2019

Nirankar (Formless) reigns over the limitless Cosmos. The preeminent aim of Formless (Creator-Sustainer-Destroyer) is to select someone(s) to cast the glance of Grace and make the person(s) Nihaal (Deficient in nothing).

Truth is what Waheguru inhabits. Guru Nanak is thoroughly mused in knowing how perfectly orders of the Formless are being carried out in the limitless Cosmos. The carrying out of orders of the Formless, in the limitless Cosmos, is indescribable.

Friday, January 11, 2019

If the spiritual need of someone is to experience the existence of God, then a spiritual act must be performed. That spiritual act is: Acknowledge the existence of God.

If the spiritual need of someone is to have a relationship with God, then a spiritual act must be performed. That spiritual act is: To motivate the mind to aspire to become absolutely humble in relation to Saints (Who are in union with Waheguru). Be utmost humble to Saint-Soldiers, four Sahibzadas of Guru Gobind Singh Ji.

Saturday, January 12, 2019

Sri Guru Granth Sahib welds the mind of a person with Waheguru (Supreme Being, God). The person must bring, offer, and present the mind, in full faith, to the Guru, for the mind to be welded.

The person must be disciplined, patient. The person must learn Guru's wisdom. Must have respect for the Guru.

The outcome of above welding process is the mind which is passionately devoted to Waheguru. The outcome is the mind which is bonded with Saints, True Guru and Waheguru, in mutual regard and affection.

Sunday, January 13, 2019

CONGRATULATIONS ON THE BIRTH ANNIVERSARY OF SRI GURU GOBIND SINGH JI

As a Sikh of Sri Guru Granth Sahib, he or she must acknowledge: “The sermons of Gurbani are for me. Each word of a sermon pertains to me. Each word is for my spiritual progress. Each word is prayer from my mind.”

The above acknowledgement starts to bring about change in the awareness of Sikh. The sustained discipleship changes Sikh’s perspective on life. An affinity with like-minded individuals (Sangat) develops in the mind.

The mind starts entertaining noble ideas. The mind starts feeling what true happiness, true peacefulness, true contentment, worry-free moments are.

Monday, January 14, 2019

If the spiritual need of someone is to experience the existence of God, then a spiritual act must be performed. That spiritual act is: Acknowledge the existence of God.

If the spiritual need of someone is to have a relationship with God, then a spiritual act must be performed. That spiritual act is: To motivate the mind to aspire to become absolutely humble in relation to Saints (Who are in union with Waheguru). Be utmost humble to Saint-Soldiers, four Sahibzadas of Guru Gobind Singh Ji.

How does one know that Waheguru has accepted aspirant’s relationship with Him? If aspirant’s relationship of humility sustains over time, in spite of inevitable ups and downs of life, then it is proof that Waheguru has accepted one’s relationship with Him.

The relationship must be accepted and supported by Waheguru for it to sustain. Otherwise, a single hard jolt will destroy it.

The above is indirect proof that the emotional relationship between the devotee and Waheguru is mutual. A direct proof cannot be demanded from Waheguru but only begged for.

Supplicate. Ardas karo. ਅਰਦਾਸ ਕਰੋ।

Tuesday, January 15, 2019

Mind's acceptance of cognitive ad emotional aspects of the wisdom of True Guru is a very significant step forward on the path of spiritual ascendency. According to Guru, acceptance of Guru's wisdom by the mind is significant spiritual blessing.

Wisdom of Guru becomes part of selfhood. This state of mind ought to trigger approximation of Guru's awareness of "Jalaal and Jamaal" (Absolute elegance and grandeur) of Waheguru, in the mind of Guru's disciple.

Visualization (Meditation) on the elegance and grandeur of Waheguru in the early morning hours (Amrit wela, ਅਮਰਤ ਵੇਲਾ) and often during each day would gradually bring peace and happiness into the mind of Guru's disciple. Gurbani expands one's awareness of the elegance and grandeur of Waheguru. Incorporate Guru's wisdom into daily life.

Wednesday, January 16, 2019

Waheguru is the Cause of causes. Nothing happens against His sanction. He is the absolute Monarch over all in the Cosmos.

The true worship of Waheguru is the one which He sanctions (Which pleases Him). In that case, human mind is naturally absorbed in Him. Such worship goes on without control by self. It is similar to the passage of time. Each moment ticks away — one cannot control it. No one has control over it.

True worship is a blessing, under control of Waheguru. This blessing is had with the kindness of True Guru. True Guru is authorized by Waheguru to grant this blessing to a person who comes to Guru in absolute humility. Supplication (Ardas, ਅਰਦਾਸ) from the heart to Guru is the means to curry favor with Guru. Ajapa Jaap is the aim of true saints. (Automatic worship is the aim of saints).

ਗੁਰ ਗੋਬਿੰਦ ਗੋਬਿੰਦ ਗੁਰੂ ਹੈ ਨਾਨਕ ਭੇਦ ਨਾ ਭਾਈ

Thursday, January 17, 2019

INSTITUTION OF LEARNING GURMAT (BRAHM GYAN)

Guru Nanak Dev Ji set up the first institution for the study of Gurmat (Brahm Gyan) at Kartarpur Sahib (Now in Pakistan). At Kartarpur, he also started the tradition of Langar (Free Kitchen). This institution has inspired the construction of similar institutions all over India and beyond.

The formal name for learning the teachings of Gurmat is Gurdwara. Starting with the completion of Harmandar Sahib by Guru Arjan Sahib at Amritsar and inauguration of Aad Granth Sahib in Harmandar Sahib in 1604 AD, Gurdwaras emerged all over the world. Keertan of Gurbani, Katha of Gurbani, Langar and Sewa are the hallmarks of activities at Gurdwaras throughout the world.

Over the centures, men and women have learned the wisdom of Gurus at Gurdwaras. Numerous such learners have qualified to become accomplished students of Gurmat (Saints). The wisdom that Guru Nanak Sahib dispensed is eternal and continues to inspire students of Gurmat. Guru Nanak Sahib's name is inseparable from Waheguru. Remember one and the other is automatically remembered (Appears in the mind).

Friday, January 18, 2019

AWE-INSPIRING PERSONALITY OF GOD

ਚੀਂਟੀ ਤੇ ਕੁੰਚਰ ਅਸਥੂਲਾ ਸਭ ਪਰ ਕ੍ਰਿਪਾ ਦਰਿਸਟ ਕਰ ਫੂਲਾ ਊਚ ਅਪਾਰ ਬੇਅੰਤ ਸੁਵਾਮੀ ਕੌਣ ਜਾਨੇ ਗੁਣ ਤੇਰੇ

From an ant to an elephant and everyone in-between is equipped with a brain and heart. The equipper is only One — God.

From an ant to an elephant and everyone in-between is provided food to survive and flourish. The provider is only One — God.

From an ant to an elephant and everyone in-between is destined to propagate the spices. The destiny-maker is One — God.

What is the number of members in each species, from an ant to an elephant and everyone in-between? The knower of this number is only One — God.

From a most insignificant person to most prominent demi-god to dharam raj and everyone in-between is under the absolute sway of One — God.

In case one does not marvel or is not absolutely wonder-struck and is not flabbergasted with above facts about the personality of God, then what would make one marvel or be wonder-struck or be flabbergasted? Nothing at all!

Saturday, January 19, 2019

Mere verbalization of Gurshabad is not enough if the aim is to develop a relationship with Guru and Waheguru. Understanding the meaning of each word of the Shabad is necessary. In addition, listening to Shabad or reading a Gurshabad with full attention given to Shabad is critical.

Paying full attention to Gurshabads is the obligation of an earnest disciple of Guru. If this is done, then the disciple surely experiences changes in his or her perspective on life. A beautiful relationship starts evolving between the disciple and Guru. The disciple of Guru finds himself or herself becoming a devotee of Waheguru.

Devotion to Waheguru is a blend of many emotions which Gurbani fosters in the mind of devotee of Waheguru. Humility, Wonderment, reverence, gratitude and passionate affection towards Waheguru are some of the emotions which Gurbani inculcates in the mind of Guru's disciple.

As a devotee progresses in deepening his or her relationship with Guru and Waheguru, many virtues appear in his or her mind. Some of these virtues are: Truthfulness, compassion, mercy, commitment to faith, composure, and equanimity.

Sunday, January 20, 2019

If mind is offered to True Guru in reverence, then one can rightfully deduce, according to Gurbani, that Waheguru responds by endowing the mind with peace and happiness. Offering of mind to Guru is possible only if mind is impressed with the wisdom of Guru.

If mind is thoroughly impressed, then mind is permanently committed to the teachings of Guru. This starts the process of transformation of mind.

Eventually, mind thinks and feels alike the Guru. Mind then is free of bondage. Nothing distances the mind from Guru and Waheguru. Mind remains centered on Guru and Waheguru, in perpetuity.

In Sikh Faith, this state of mind is called Sehaj Awastha. Sehaj Awastha begets salvation, which in Sikh Faith is "Preet Charn Kamlare" (Passionate affection with the Most-Pious One who is Eternal).

Monday, January 21, 2019

Correction: Punjabi word: ਕੋਰਗ ਨੂੰ ਬਦਲੋ "ਰੋਰਗ" ਵਿਚ।

In the absence of worship of Waheguru, mind is in the state of bewilderment (Bhatkda hae, ਭਟਕਦਾ ਹੈ). Mind experiences falsehood, for it is not anchored to Truth.

The Guru of Truth anchors the mind to reality and permanence. Mind is freed from stress, worries and anxieties.

ਕੋਰਗ ਸੋਰਗ ਮਿਟ ਜਾਂਦੇ ਹਨ, rog sog mit jande hn.

Tuesday, January 22, 2019

DESIRE TO BENEFIT FROM GURMAT

It will always remain a unique privilege of those who are able to listen to the recitation or Keertan of Gurshabad(s) or read Gurshabad(s) in the Gurmukhi language. The beneficial impact on the mind would ever remain unique.

However, thanks to science and technology, anyone versant in the English language or Hindi language or Spanish language is able to benefit from Gurshabads. Efforts are afoot to include other languages.

Only a few clicks on a cell phone enable a person be in touch with and benefit from Gurshabads. But the desire to do so has to be there.

Blessed are those families who make efforts to create desire in children to benefit from Gurshabads. Emphasis on education as a means to success in life must be complemented with an emphasis on spiritual progress.

Wednesday, January 23, 2019

Who administers the infinitely complex and intricate affairs of the entire Cosmos? One and only one Administrator. There is no rival of the Administrator.

All that happens in the Cosmos is under the sovereign command of Administrator. The Administrator handles the job singlehandedly, while remaining aloof and obscure.

The Administrator possesses the emotion of kindness. This emotion is revealed to His worshiper. According to Gurbani, the Great One graces the mind of worshiper with presence of self in it. Such a mind brims over with joy (Anand, ਆਨੰਦ)

Thursday, January 24, 2019

Mind hankers for wealth, fame, status, power, conquest, knowledge. The degree to which minds feel hungry for the above varies with individuals.

Mind on its own does not hanker for the relationship of closeness with Teacher of Divine Wisdom. Mind on its own also does not hanker for worship of Waheguru.

The hunger for close relationship with Guru and Waheguru is created in the mind by True Guru. The satisfaction of this huger, (Having a close relationship with Guru and worshiping Waheguru) satisfies all other hankerings. Mind does not hanker after those hungers anymore. Instead, according to Gurbani, mind enjoys contentment, poise, peacefulness and happiness.

Friday, January 25, 2019

Based on Slok at the end of Jap Ji Sahib

The most worthwhile and rewarding labor is to devotedly-remember God

The most worthwhile and rewarding labor of anyone is the labor of being immersed in remembrance of God. Those who do this are the blessed ones. God honors them because of this labor. Those, who associate with such individuals, are also blessed with liberation by God.

God watches over the merits and demerits of all. Some draw nearer to God because of their actions in life. Others pull farther away from God because of their misdeeds.

This drama of life ls played on the stage of Mother Earth where air, water, day and night cradle and sustain everyone.

Saturday, January 26, 2019

Acceptance of a person by Guru and Waheguru frees that person forever. Unacceptance of a person by Guru and Waheguru assures very long bondage.

Acceptance of anyone by Guru and Waheguru is possible if the person comes to Guru in due reverence and humility. The wisdom of Guru which unites one with Waheguru is open to all. The condition is that the person, who desires to learn wisdom of Guru, must be an earnest learner / student.

Sunday, January 27, 2019

ਹੈ ਕੋਈ ਸਾਜਨ ਪਰਦਾ ਤੋਰਾ

Nothing can hide the Holy Friend from the mind which is enlightened by Divine Wisdom of Perfect Guru.

Monday, January 28, 2019

Every verse of Gurbani contains wisdom of Guru. Every verse of Gurbani adds to the fund of wisdom of disciple.

As the fund of disciple's wisdom increases with the study of Gurbani and blessings of Guru, disciple becomes more enlightened. Mind of devotee acquires sensibilities that are in harmony with Guru's emotions towards Waheguru.

When any emotional link of disciple's mind with Guru and Waheguru reaches climax of intensity, disciple's mind experiences the presence of Guru and Waheguru within.

Tuesday, January 29, 2019

ਇਹ ਮਨ ਲੋਚੇ ਬੁਰਆਈਆਂ ਗੁਰ ਸਬਦੀ ਇਹ ਮਨ ਹੋੜੀਐ

Mind is naturally inclined towards entertaining unbecoming thoughts and performing unbecoming deeds.

The wisdom of Guru, expressed in Gurbani, expels previous thoughts and deeds, which are unbecoming, from the mind. Currently, wisdom of Guru prevents entry of unbecoming thoughts in the mind and prevents performance of unbecoming deeds.

Wednesday, January 30, 2019

ਸਿਆਮ ਸੁੰਦਰ ਤਜੁ ਨੀਂਦ ਕਇਉਂ ਆਈ
(Siam sunder taj neend keon aaee)

Why ignore the superbly 'Beautiful One' in favor of temporary and illusory attractions?

Thursday, January 31, 2019

ਭਰਮੇ ਭੂਲਾ ਦੈਹ ਦਿਸ ਧਾਵੇ
Bharmey bhoola deh dis dhawey

In disjunction with God and by following manmat, one wanders around lost, confused and unanchored, in all directions.

Friday, February 1, 2019

Human mind is perfect vagabond. To wander is in the nature of mind. (Bhatkana mn dee phitrat hae).

There are techniques to still the mind, including meditation. In Sikh Faith, Wisdom of Guru stills the mind.

Mind can be stilled while one is awake. However, mind reverts and wanders in sleep. It wanders on the back of dreams.

Saturday, February 2, 2019

Droplets are inseparably linked with the ocean, for ocean is made of droplets. Day and night are inseparably linked together. Gold is inseparably linked with gold ornament. Melody is inseparably linked with the singing musician. Seeing is inseparably linked with the act of seeing. Person and his / her personality are inseparably linked together.

The worshiped (Waheguru) is inseparably linked with the worshiper (Devotee). There is inseparable bond between the two.

Guru is inseparably linked with the disciple (Without the Guru, there is no disciple. Without the disciple, there is no Guru).

Sunday, February 3, 2019

The relationship of True Guru with Waheguru is extraordinaire. The relationship of Earnest Disciple with Satguru is also extraordinaire.

The Disciple of Guru becomes devotee of God. All three, Disciple, Guru and Waheguru, are interrelated.

Monday, February 4, 2019

Be a True Disciple of True Guru. Remain a disciple throughout life. Each moment of such commitment is a blessed moment, according to wisdom of True Guru.

Each moment connects the mind with Waheguru. This means presence of Waheguru in the mind. The presence of Waheguru in the mind means no dearth of blessings.

Tuesday, February 5, 2019

CONTEMPLATE

Waheguru's displays in the entire Cosmos change moment to moment, even every nano second. This realization puts the mind in absolute awe and marvel of Waheguru.

In awe, mind is automatically connected with Waheguru. No effort is needed to connect.

Wednesday, February 6, 2019

THE GREATEST ENIGMA

From a blade of grass to lofty redwood, from pebble to mountain, from drop of rain to ocean, from amoeba to human being, from speck of dust to star, from firefly to sun, from atom to cosmos, from empty bowl to space, from ant to elephant, from puff of wind to tempest, from walk on earth to walk on moon, from nothing to everything there is order, symmetry and beauty in nature.

Who is in charge of order, symmetry and beauty of nature? The Only One, who dwells in all ten directions and is cause of all that goes on in nature.

What about ugliness, violence, destruction and death in nature? Who is in charge of these?

The Only One, who dwells in all ten directions and is cause of all that goes on in nature.

Thursday, February 7, 2019

Sweet and humble is the temperament of a disciple of True Guru. Wisdom of Guru instills certain values in the mind of disciple. These values make disciple's temperament sweet and humble.

Other values worth possessing in life are added onto the foundation of sweet and humble temperament. Such a temperament destroys egotism (Haumey, ਹੌਮੈ) which is the enemy of spiritual progress. Waheguru cherishes and protects the humble. Waheguru destroys the egotist.

Friday, February 8, 2019

According to Gurbani, all worries, anxieties and other afflictions of the mind are dispelled if one is lucky enough (ਵਡੇ ਭਾਗ ਵਾਲਾ) to be favored of God.

Earnest and committed discipleship of True Guru enhances the chances of being favored of God. This means incorporation of wisdom of Guru in the perspective on life.

Saturday, February 9, 2019

If mind is deliberately made empty of all reasons (Thoughts and emotions) which disconnect it from Guru and Waheguru, then reasons for connectedness with Guru and Waheguru come rushing to fill the void of mind.

Gurbani creates the void in mind. Gurbani fills the void of mind. Then there is nothing that remains to disconnect the mind from Guru and Waheguru.

A mutual, inseparable bond (Bandan, ਬੰਦਨ) between the disciple and Guru, and between the devotee and Waheguru appears in the mind of disciple of Guru. The mind enjoys permanent connectedness with Guru and Waheguru:

ਤੋਰੀ ਨ ਤੂਟੇ ਛੋਰੀ ਨ ਛੂਟੇ ਐਸੀ ਮਾਧੋ (Waheguru) ਖਿੰਚ ਤਨੀ

Tori na tootey shori na shootey

Aesi Madho khinch tani

Sunday, February 10, 2019

If mind becomes fully knowledgable of wisdom of Guru of Truth, then it merges in the Supreme Being.

ਮਨ ਧੋਵੋ ਸਬਦ ਲਾਗੋ ਹਰ ਸਿਉਂ ਰਹੋ ਸਮਾਏ

Mn thowo sabad lago

Har (God) seon rho smaey

Monday, February 11, 2019

1. Sri Guru Granth Sahib is the Living Guru. Treat Guru Ji as Living Guru. This is the first step an earnest disciple must take.

2. From the first step onward, wisdom of Guru guides the disciple. Wisdom is dispensed in Gurbani of Sri Guru Granth Sahib.

3. If discipleship of True Guru is continued steadfastly over time, then and only then prayer can become deep enough to persuade Waheguru to grace the mind of devotee. Then, devotee (Bhagat) and Waheguru become one.

4. So say 'Wah' (Marvelous, splendid, wonderful, and most impressive) to Guru (Waheguru) often, for Guru guides the disciple from first baby steps to all the way to union with Waheguru. Destiny of disciple (Wadey bhag, ਵਡੇ ਭਾਗ) as well as fidelity of the disciple enable union with the 'Lord of all'.

5. Union / harmony (Mind's) with Guru and Waheguru is the climax of spiritual life in Sikh Faith.

Please Note*: Insights cannot be and are not substitute for the original source — Gurbani. It is so easy to refer to Gurbani. Sri Guru Granth Sahib can be respectfully accessed on a cell phone. English version is also there.*

Tuesday, February 12, 2019

Time wise, there is great deal of variation regarding the acquisition of Divine Wisdom of True Guru. Natural endowment matters. Personal interest matters. Personal effort matters. Meeting a saint matters. Blessings of a saint matter. Opportunities of listening to Keertan by accomplished Ragis matter. Opportunities to listen to learned Kathakars matter. Devotional reading of Gurbani matters. Devotional listening to Gurbani matters. Early start matters. Understanding the meanings of verses (Sermons) matters. Company (Sangat) of fellow believers matters.

If natural endowment (Whatever it is) is augmented with all of the above, then progress towards acquisition of wisdom of Guru is greatly hastened. Fortunate are those who supplement personal endowment with what else matters.

Add more sugar, make it more sweet.

Jitna gur paao, ona mitha. ਜਿਤਨਾ ਗੁੜ ਪਾਉ, ਉਨਾ ਮਿਠਾ।

Wednesday, February 13, 2019

IGNORANCE

Ignorance, in general, is harmful to self. Ignorance of God is the worst enemy of self.

Ignorance of God is the worst affliction of mind. The wonderful Guru offers his wisdom to combat ignorance about God. The True Guru does not expect any compensation in return.

The act of philanthropy / generosity on the part of True Guru is totally for the benefit of disciple. This act of True Guru, however, is reserved to benefit the committed disciple. Others may listen to Guru's wisdom but are unprepared / unable to benefit from the wisdom.

Thursday, February 14, 2019

According to Gurbani (Wisdom of True Guru) there is nothing in the entire creation where Waheguru is not present. But humanity, in general, is either oblivious to or ignorant of this fact / truth.

Can human mind become cognizant of the truth of omnipresence of Waheguru? The answer to this question is a resoundingly yes, according to wisdom of True Guru.

True Guru is in union with Waheguru. If Guru is in union with Waheguru, then there is not an iota of doubt in Guru's mind about sermons of Guru. Guru is also entirely capable of uniting any mind with Waheguru, if Waheguru is kind.

Friday, February 15, 2019

If one has deep respect for True Guru and also for the teachings of True Guru, then one is on the right path towards spiritual success. Perfect harmony with teachings (Wisdom) is gained by the steady discipleship of True Guru.

If the mind of disciple of True Guru is in perfect harmony with the wisdom of True Guru, then disciple of Guru is also in perfect harmony with the Supreme Being (Parm Purkh, ਪਰਮ ਪੁਰਖ). Such is the eternal bond between True Guru and Waheguru.

Reverence and passionate affection for True Guru and Waheguru occur together. One gains two objectives by the devoted study of Gurbani — perfect harmony with Guru and fellow disciples as well as with Waheguru.

Saturday, February 16, 2019

Each nanosecond (Continuously), the Supreme Being is aware of what goes on anywhere and everywhere in the entire creation. Additionally, the Supreme Being continuously controls and directs what goes on everywhere and anywhere in the entire creation. Hukam pervades.

The above truth is impossible to be comprehended by the limited human intelligence. Those who bow before the Omnipotent, Omniscient, Omnipresent Lord, gain the favor of Guru of Truth and the Eternal Being (Parm Purkh). This favor liberates the mind from all bondages and fill the mind with choicest blessing.

Sunday, February 17, 2019

Today, reflect on the previous Insights.

Monday, February 18, 2019

The “One” revealed the Truth to Guru Nanak Sahib and his spiritual descendants: All that exists is the creation of “One”. All creation is under the absolute control and direction of “One”.

Guru Nanak Sahib and his spiritual descendants teach the Truth of “One” to disciples (Sikhs). They inspire the Sikhs to be always reverent and affectionate to the “One”.

Tuesday, February 19, 2019

Today, reflect on the previous Insights.

Wednesday, February 20, 2019

Each of the Ten Sikh Gurus had unique natural endowment. This is evident from their biographies.

The greatest contribution of each Guru to humanity is the message of love, reverence and humility for God, the Lord of and overall. No obstacle was tough enough to deter the Gurus from worship of God. Each Guru persuaded and encouraged others to worship God.

Each Guru preached fortitude against anti-egalitarianism, injustice and tyranny while steadfastly committed to worship of God. And each Guru inspired the Sikhs to worship God wholeheartedly and not be deterred by hardships.

Each Guru promised guidance, support and love to the earnest Sikhs, while living a moral and dignified life. Their True Sikhs set shining examples of sacrifice in defense of noble values, while dedicated to devotion for Guru-Waheguru.

Thursday, February 21, 2019

Human mind is absolutely versatile and an amazing entity. If mind is given to / presented to Guru of Truth (Sri Guru Granth Sahib) and through True Guru is given to / presented to Waheguru, then mind becomes like True Guru / Waheguru. However, this phenomenon happens rarely.

Baba Lehna Ji gave / presented his mind to Guru Nanak Sahib and became Guru Angad Sahlb — the same Guru Jot as Guru Nanak Sahib. Guru Nanak Sahib is the Jot of Waheguru.

Human mind also possesses the capacity which is opposite to the above. If mind is given to lust or anger or greed or attachment or egotism, then it becomes personification of evil. A couple of examples would suffice. Consider the actions of Aurangzeb or Hitler.

Note: you may google for Aurangzeb or Hitler to read their biographies.

Friday, February 22, 2019

Every moment of life is precious. Once over, can never be brought back. Put each moment to best use possible.

True Guru is our best well-wisher. Guru advises that the best use to which each moment can be put is to spend it in the company of Waheguru.

Thinking, remembering, reflecting, and singing, listening to Gurshabad, reading Gurshabad and Meditation are different ways to be in the company of Waheguru. If to the above modes of company with Waheguru, one ads reverence and affection for Waheguru, then the company becomes intimate. According to True Guru, the company of Waheguru is the best and most rewarding company.

Saturday, February 23, 2019

According to Wisdom of True Guru, the cycle of birth, death, rebirth ends only with merger in the Eternal, the Unborn and Self-Existent. This merger is possible only with worship of the Eternal, for worship binds the mind with the Eternal.

Sunday, February 24, 2019

DR. HARBANS LAL

Thank you for sharing this piece. Establishing the veracity of concepts with Gurbani is very good. I agree, on the basis of Gurbani, that one's good or bad actions in life bring one closer to God or distance one from God.

Both good and bad actions done in life leave imprints on the mind. These imprints cause rebirth as ordained by God. A life lived in harmony with Gurmat ensures freedom from bondage. Grace of Guru-Waheguru merges the mind in Eternal.

Bal Sahib, like to have your comment on this article:

https://seekingwisdomblog.wordpress.com/2018/04/17/thousand-lives-of-reincarnating-minds/

Harbans Lal, PhD; D.Litt (hons)

https://seekingwisdomblog.wordpress.com

Monday, February 25, 2019

SUPERIOR AND INFERIOR ENTITIES

Truth is superior to falsehood, for it outperforms, outlives and outshines falsehood.

Compassions is superior to cruelty, for it outperforms, outlives and outshines cruelty.

Contentment is superior to discontent, for it outperforms, outlives and outshines discontent.

Faith in God is superior to disbelief, for it outperforms, outlives and outshines disbelief.

Patience is superior to impatience, for it outperforms, outlives and outshines impatience.

Courage is superior to timidity, for it outperforms, outlives and outshines timidity.

Charity is superior to unkindness, for it outperforms, outlives and outshines unkindness.

Respectful behavior is superior to loathsomeness, for it outperforms, outlives and outshines loathsomeness.

Persistence in pursuit of good cause is superior to relinquishing the pursuit of good cause in face of hurdles, for it outperforms, outlives and outshines relinquishment.

Humility is superior to narcissism, for it outperforms, outlives and outshines egotism.

HOW MANY SUPERIOR ENTITIES?

The limit is the imagination. In fact, it would be a wonderful thing to think of more.

WHAT QUALIFIES AS NOBLE LIVING?

Noble living is to incorporate the maximum number of superior entities in one's conduct, and to eliminate the inferior entities from one's conduct.

WHICH ONES ARE THE MOST-SUPERIOR ENTITIES?

Belief in the existence of Supreme Being is; devotion to Supreme Being is; devotion to True Guru is; Devotion to True Saints is; Truthful living / truthful conduct is; sharing of good fortune is; making the living with honest and blame-free work is, and more superior entities as wisdom of True Guru teaches.

Tuesday, February 26, 2019

Under the powerful impact of Gurshabads (Kalaam, ਕਲਾਮ) of True Guru, the mind of True Disciple comes on to right path. Mind of disciple relinquishes following the wrong path.

The right path is belief in the existence of Waheguru and devotion to Saints, Guru and Waheguru, with reverence and love. The right path is distinctive from the path followed by non-believers. On the right path, mind is freed from narcissism. On the wrong path, mind is trapped in egotism.

It should be acknowledged that egotism (Haume, ਹੌਮੈ) is very powerful, versatile and resilient. It has the power to disunite / disengage even the spiritually advanced minds. It can interfere in worship and cause cessation of worship. This is a reason why humility and supplication (Ardass, ਅਰਦਾਸ) play such an important role in Sikh Faith.

Wednesday, February 27, 2019

TRY:

Either say it silently or speak it, but slow it down / stretch it out / listen as if to echo:

SssssssaaaaaaaatttttttttttttttttttNaammmmmmm

Wwwwwwaaaaahhhhhheeeggggguuurrrrruuuu

Observe above letters / words turning into melody. And observe different impact on the mind. Undulate the melody as you prefer. So much the better.

Now try above with the verse of Gurbani in Punjabi and English. Observe the melody that appears and observe different impact on mind than to say the words quickly.

ਰਹੀਮਾ ਕਰੀਮਾ ਅਲਾਹ ਤੂੰ ਗਨੀ ਦੇਹ ਲੇ ਏਕ ਤੂੰ ਦਿਗਰ ਕੋ ਨਹੀ

(You are Merciful, you are Kind, you are inside all, you are the Greatest, you Give, You Take, there is none other than You).

Thursday, February 28, 2019

Sikh (Disciple) of Guru reads / listens to Gurshabad; tries to understand the meaning of each word of Guru's sermon; tries to feel the emotion (s) embedded in the sermon; and continues this process.

Time comes when mind of Sikh gets fully engaged with the content of sermon, both intellectually and emotionally. Awareness of Sikh parallels the awareness of Guru.

A supplication made by the engaged mind of Sikh is heard instantaneously, for Waheguru listens, cares for and responds to Sikh's supplication (Ardas, ਅਰਦਾਸ).

ਮੋ ਕੋ ਤਾਰ ਲੇ ਰਾਮਾ ਤਾਰ ਲੇ ਮੈਂ ਅਨਜਾਨ ਜਨ ਤਰਬੇ ਨਾ ਜਾਨੂ ਬਾਪ ਬੀਠਲਾ ਬਾਂਹ ਦੇ

(Raam, Father, dear Lord kindly save me, for I know not how to swim).

Waheguru responds to the engaged mind of a Sikh whenever the Sikh reads or listens to other sermons of Guru. An ongoing connection is established with all sermons of Guru.

ਰਸਨਾ ਜਪਤੀ ਤੂੰ ਹੀ ਤੂੰ ਗੁਰੂ ਮੇਰੇ ਸੰਗ ਸਦਾ ਹੈ ਨਾਲੇ ਸਿਮਰ ਸਿਮਰ ਤਿਸ ਸਦਾ ਸਮਾਲੇ

(Guru always guides me. Mind is fully engaged with Guru-Waheguru).

Friday, March 1, 2019

According to Gurmat, Waheguru knows our deepest secrets and deepest thoughts. We are like an open book to Waheguru.

If we acknowledge the above truth and deliberately open our “book” before Waheguru, hide nothing from Waheguru, then Waheguru and we are on the same page, always.

With Guru’s guidance, we strive to do what pleases Guru-Waheguru and refrain from doing what displeases Guru-Waheguru. We distinguish between good and bad. Nothing is better and more rewarding than this conformance / harmony of self with Guru- Waheguru, according to Gurmat.

Saturday, March 2, 2019

Waheguru possesses infinite attributes. If lucky, then one knows that Waheguru is intimate Friend as well. Guru of Truth confirms this truth.

Relate with Waheguru as Friend. Always keep the mind in a state of welcoming the Friend. Entertain an intense longing for the Friend. The benefits of this focus are numerous.

ਜਾ ਕਾ ਮੀਤੁ ਸਾਜਨੁ ਹੈ ਸਮੀਆ ਤਿਸ ਜਨ ਕੋ ਕਹੋ ਕਾ ਕੀ ਕਮੀਆ

(He lacks in nothing whose Friend is Waheguru)

Sunday, March 3, 2019

The future of a boat in a vast, turbulent ocean remains uncertain. In the same way, future of a person in the vast and turbulent ocean of temptations remains uncertain.

Don't mock at the weak. Temptations drown those also who are haughty and disdainful of the weak; and consider themselves to be strong.

Monday, March 4, 2019

To experience God within self and outside of self, it is imperative to shed the last trace of egotism (Haume, ਹੌਮੈ). This is very tough. To make a breakthrough, one needs help.

For a Sikh aspirant to break free from egotism, True Guru teaches lessons of humility, utmost humility, towards God. Utmost humility is antidote of egotism. Continuing discipleship of True Guru is needed to learn lessons of Divine Wisdom.

A mind completely free of egotism is an enlightened mind. An enlightened mind experiences God in self, everywhere and in everyone, according to wisdom of Guru. So, be “dedicated” to learning from True Guru.

Tuesday, March 5, 2019

The lucky ones amongst us easily utter / chant Sat Naam Waheguru by infusing the utterance / chant with humility, reverence and affection. For others it takes time to infuse the utterance with humility, reverence and affection.

Wednesday, March 6, 2019

If some animal cannot survive without being immersed in water, then such an animal is fish. If a person cannot survive without being immersed in worship, then such a person is saint, a True Devotee of Waheguru.

Thursday, March 7, 2019

INSPIRED BY SHABAD FROM GURDWARA BANGLA SAHIB

All inhibitions, all obstacles have disappeared.

These have disappeared from the mind. Desire to be in constant communion with Waheguru is granted.

So, the mind of blessed devotee is in constant communion with Waheguru. Flood gate of blessings is now open. Mind sings: Har Har Har Har…

Friday, March 8, 2019

NOBILITY VERSUS WICKEDNESS

Sikh Gurus and their devoted Sikhs could not be defeated by their tormentors in spite of horrific tortures they were subjected to. The tyrants failed to break their resolve and spirit.

In essence, the tyrants were defeated and there remains no trace of their power and tyranny now. On the other hand, Sikh Faith and followers of this Faith flourish and are present all over the globe.

Saturday, March 9, 2019

In order to please the Saints, Guru and Waheguru, one must remove the following from mind:

Falsehood, discontent, cruelty, ill-will, faithlessness, discomposure, impatience, jealousy, deceitfulness, backbiting, hypocrisy, thievery, greed, egotism, self- aggrandizement, ill-temper and harsh talk from the mind.

If a person learns wisdom of True Guru and removes the above from mind, then Saints, Guru and Waheguru are pleased with that person. Then that person becomes worthy of support, blessings and even honor from Waheguru. This is a big step forward, spiritually.

Sunday, March 10, 2019

This one is borrowed from late Gyani Sant Singh Muskeen. Here is an excellent point he made during one of his Katha:

“Waheguru is not our “own” as are our relatives. The tender and loving feelings we have towards our relatives are not there, are not felt / experienced in case of Waheguru, for Waheguru is perceived as an outsider (Begana, ਬਿਰਗਾਨਾ)”.

The above quote is not correct word for word. But it conveys the concept he presented to his audience.

How do we make Waheguru our “own”? We do so by subscribing to the wisdom of True Guru.

Monday, March 11, 2019

The easiest and most dependable method to reach a destination is “to be” with someone who knows what the destination is and how to get there. In the same manner, to reach the destination of enlightenment of mind (So that mind “sees” Waheguru) is to be with someone who knows what the destination is and how to get there.

That someone, who knows what enlightenment of mind is and how to be enlightened, is Sri Guru Granth Sahib. So it is advisable “to be” with Sri Guru Granth Sahib and learn Divine Wisdom contained in the sermons of Guru.

Tuesday, March 12, 2019

The quintessential doctrine (Sedhant, ਸਿਧਾਂਤ) of Guru’s wisdom is to devote to (Worship) Waheguru with profoundest emotions of humility, reverence and affection. This devotion should be perpetual. Such devotion is called Sehaj Awastha of mind.

In Sehaj Awastha, primacy is given to worship. All else is relegated to second place.

Conflict between the task of worship and worldly tasks is avoided by the devotee. This is why devotees prefer to lead a simple life.

According to True Guru, devotion to Waheguru should be like the steady flow of a stream. Such devotion is made possible by the Grace of Waheguru and discipleship of True Guru.

So, always long for the Grace of Waheguru. Remain an earnest disciple of True Guru.

Wednesday, March 13, 2019

The 'toughest act yet most effective act' (capable of bringing quick result) is to surrender one's body, mind and wealth (All that one holds / considers one's own) to Guru-Waheguru. This act destroys egotism (Haume, ਹਉਮੈ) and hence disunion with Waheguru.

Union with Guru-Waheguru is possible only when surrender is complete. Surrender may be instantaneous, or it may be delayed, depending on what Waheguru sanctions for an individual.

Thursday, March 14, 2019

There exists a profound relationship between True Guru and Waheguru. What Waheguru does is acceptable to Guru. What Guru does is acceptable to Waheguru.

Both are in perfect harmony. If Guru takes someone under his wing, then that individual automatically gets support and protection of Waheguru.

Friday, March 15, 2019

How can one endear oneself to Guru of Truth? One endears oneself to Guru by having due humility to learn wisdom; by paying attention to sermons of Guru; by understanding sermons of Guru; by incorporating sermons of Guru into one's thoughts, emotions and actions.

If the above becomes standard approach of a disciple to learn from Guru, then endearment with Guru is assured. Here is the fascinating and most rewarding consequence of it all — of one's endearment with Guru. By virtue of one's endearment with Guru, one's endearment with Supreme Being is assured too.

Saturday, March 16, 2019

In Punjabi Sikh culture, it is normal to have humble, respectful and loving relationship with elders of the family. That is the kind of relationship, but even more intense, what Guru creates in disciple's mind, towards Supreme Being. The relationship of disciple of Guru with Supreme Being is supreme in the mind of disciple.

An adequately developed relationship of disciple of Guru with Supreme Being is always present in the mind of disciple. It needs no outside reminders. Humility, respect and affection towards Supreme Being are reflected in the views, feelings and actions of disciple of Guru. The disciple's mind becomes a "faucet" out of which only goodness flows.

Sunday, March 17, 2019

It is not one's smarts or cleverness or wealth or status or power, or self-denial or elaborate rituals or anything else that is considered meritorious by Guru and Waheguru. It is the acknowledgement of supremacy of Supreme Being and devotion to the wisdom of True Guru that registers as meritorious with Guru and Waheguru.

Supreme Being is the absolute ruler of all universes. The Order / what pleases Waheguru (Hukam, ਹੁਕਮ) of Supreme Being is obeyed by all.

The egotist ones in humanity may reject obedience to the Supreme Being. But their denial does not nullify the truth that nothing happens without the sanction of Supreme Being.

Monday, March 18, 2019

The Supreme Being exists independent of recognition by any of the billions of human beings. Yet no human being out of billions of them exists independent of recognition by Supreme Being. Each exists because of Supreme Being. It is the way it is, for Supreme Being orders it be so.

The Order (Hukam, ਹੁਕਮ) of Supreme Being pervades everywhere. Wonder of wonders! What a unique status of Supreme Being!

Tuesday, March 19, 2019

There is a huge and insurmountable gulf between the state of mind in which Waheguru is absolutely absent and the state of mind in which Waheguru engulfs the mind of a devotee. How is the gulf bridged?

The bridge is constructed by True Guru if a mind supplicates with total humility to Guru-Waheguru. True Guru possesses the wisdom to build such a bridge. Over the centuries Guru has built numerous such bridges.

Wednesday, March 20, 2019

Guru of Truth lays great and repeated emphasis on the importance of leading a noble life. Gurmat makes it clear what noble life is, in case of all.

Gurmat (Wisdom of Guru) lays even greater emphasis on the worship of Waheguru. Gurmat makes it clear what worship of Waheguru is, in case of all (All humanity).

Guru of Truth (Blessed by Waheguru to be Guru) not only makes it clear what noble life is and what worship of Waheguru is, Guru makes it possible to lead a noble life and worship Waheguru.

The kind Guru makes the mind of earnest disciple abode of Waheguru. This is verified by the disciple. Disciple's mind becomes worry-free / stress-free. In place of such afflictions of mind, disciple experiences peacefulness, contentment and happiness.

Clearly it is in one' interest to learn what wisdom of True Guru is. Who wouldn't want to live an honorable life and a life of peacefulness, contentment and happiness?

Thursday, March 21, 2019

Those who claim to be atheists or non-believers think that such are their independent decisions. The truth is that it is the Decree of God that they be atheists or non-believers.

Gurbani affirms the above. According to Guru, an atheist or non- believer is Manmukh (Person who follows the dictates of own mind).

A Gurmukh follows the instructions of Guru. Belief in God is the foundation on which Gurmukh builds what he / she learns from Guru.

Friday, March 22, 2019

Gurmat unifies infinite diversity and complexity by revealing the Supreme Being as the source of all diversity and complexity. Gurmat brings scatteredness of mind, caused by infinite diversity and complexity, to focus on One Supreme Being.

A mind focused on Waheguru experiences peacefulness, serenity and joy. All praise to Guru who enables the mind to enjoy such priceless blessings.

Saturday, March 23, 2019

Below is a paraphrased version of Baba Buley Shah's verses:
Should the ritual of bathing at certain places be enough to secure favor with Rab, then Rab would favor frogs and fish. Says Bulla, Rab favors those whose ways are noble.

ਆਪ ਸਵਾਰੇ ਮੈਂ ਮਿਲੇ ਮੈਂ ਮਿਲਿਆਂ ਸੁਖ ਹੋਏ
(Aap Swarey maen miley Maen milean sukh hoe)

Evidently, Gurmat emphasizes right living which includes good morals and worship of Waheguru (Rab).

Sunday, March 24, 2019

Each Sikh Guru selected his contemporary Sikh, whether young or old, as the next Guru on the bases of: Perfect harmony with the teachings of contemporary Guru and his mind's union with Waheguru. On the basis of same criteria, True Sikh or True Khalsa is the one whose mind is in perfect harmony with Sri Guru Granth Sahib and whose mind is in union with Waheguru.

How do we know whether a person is a True Sikh or a True Khalsa? We cannot know. The reason is that, even if person's views reflect harmony with teachings of Sri Guru Granth Sahib, he or she may not be in union with Waheguru. He or she may be on the right path towards union, but not in union yet.

An outside observer cannot know whether or not a person is in union with Waheguru. Only the person, Guru and Waheguru know the truth about union.

Monday, March 25, 2019

It is not one's smarts or cleverness or wealth or status or power, or self-denial or elaborate rituals or anything else that is considered meritorious by Guru and Waheguru. It is the acknowledgement of supremacy of Supreme Being and devotion to the wisdom of True Guru that registers as meritorious with Guru and Waheguru.

Supreme Being is the absolute ruler of all universes. The Order / what pleases Waheguru (Hukam, ਹੁਕਮ) of Supreme Being is obeyed by all.

The ones with egos in humanity may reject obedience to the Supreme Being. But their denial does not nullify the truth that nothing happens without the sanction of Supreme Being.

Tuesday, March 26, 2019

It is one's great good luck (Wadey Bhag, ਵਡੇ ਭਾਗੁ) that motivates one to efface self completely in relation to the personality of Waheguru. This action by a devotee means unflinching humility and greatest respect for Waheguru. This action also means that nothing can persuade one to give up devotion for Waheguru.

'Greatest respect and absolute humility' towards Waheguru ensure union with Waheguru. Respect and humility are instilled in one's mind by the wisdom of True Guru.

Wednesday, March 27, 2019

Discoveries of science in diverse fields continue to add to the known grandeur of Waheguru. These discoveries add to the wonderment (Vismad, ਵਿਸਮਾਦ) of the Believer about infinite attributes of Waheguru.

It is absolutely amazing how Waheguru, while remaining obscure, enables the scientists make new discoveries. It is even more amazing that phenomenal advancement of science is incapable of linking human mind to Waheguru.

The linking of human mind with Waheguru is exclusively reserved for True Guru by Waheguru. Waheguru brings an individual and True Guru together, on whoever Waheguru casts the glance of Grace.

Thursday, March 28, 2019

Gurmat teaches that a Sikh must relate with Guru and Waheguru as near and dear ones. This relationship does not preclude asking Guru or Waheguru for worldly needs and / or achievements. A Sikh aspires for and asks for a close relationship with Guru and Waheguru, while he / she supplicates for success in worldly affairs.

A Sikh is not an absolutist. He cannot be one. It is fair and proper to ask for the above, while the mind of Sikh is ever-increasingly focused on closeness and reverence for Guru and Waheguru.

Friday, March 29, 2019

The mind of disciple of Guru is thrilled and uplifted by listening to Truth statements of Gurbani and welcomes the statements to sink in the mind, along with delicate, warm emotions towards Waheguru. The disciple experiences the presence of Waheguru in the mind and everywhere outside of mind.

The impact of Truth statements on the mind is augmented by listening to Keertan. The poetry and Keertan of Gurshabads have unique impact on the mind of disciple.

Saturday, March 30, 2019

The world is a Grand Inn. An infinite number of travelers check in daily. An infinite number of travelers check out daily. It is not known what and where their next destinations are. The Grand Inn is like a revolving door. It is not known where the travelers come from, before entry in the Grand Inn.

Once in the Inn, no one wants to leave. But leave they must. That is how the Grand Inn Keeper manages the Inn.

The Grand Inn Keeper shows special favors to those travelers who revere Him; who love Him. In case of humans, Grand Inn is a place of worship of and devotion to the Inn Keeper. Not a place to come; do own thing and then leave without gratitude for the Inn Keeper.

Sunday, March 31, 2019

Firm belief in Waheguru and firm commitment to Waheguru are the two of three basic precepts of Sikh Faith. The third precept is heartfelt devotion to Waheguru.

Guru is at the zenith of love, reverence, humility, intimacy for Waheguru. Divine Wisdom (Gurmat) of Guru urges, encourages, and inspires the mind of disciple to join in praising Waheguru. And be blessed with natural peace and happiness of mind.

ਨਾਮ ਜਪੋ। ਕਿਰਤ ਕਰੋ। ਵੰਡ ਸ਼ਕੋ।

~~~~~ End of daily Insights (2018 – 2019) ~~~~~
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ੴ ਸਤਿਗੁਰ ਪ੍ਰਸਾਦਿ

Weekly

INSIGHTS

(2019)

Sunday, April 7, 2019

AN AMAZING TRUTH

The eminence of God is infinitely superior to human beings. Yet God is capable of being Friend to a person towards who God is kindly disposed.

Sunday, April 14, 2019

WAH: Supremely impressive, supremely wondrous.

GURU: Enlightener

WAHEGURU: Supremely impressive, supremely wondrous Enlightener.

Speak, silently or audibly the words Wah Guru.
Repeat a few times. The two words merge together to become Waheguru.

Try the above with Parm Atma. After a few repeats, the two words merge together to become Parmatma.

Sunday, April 14, 2019

The recent discovery of black hole is definitely a feat of science and technology. What about the discovery of “One”, Who is within; is at zero distance from self; is the Creator of black hole and all else?

All pursuits are futile without the pursuit and discovery of “One”. The pursuit of “outside stuff” is endless. Mind remains unsatisfied. Mind hankers (ਭਟਕਦਾ ਹੈ) and reaps suffering. Mind does not achieve poise, peace and happiness.

Sunday, April 21, 2019

The recent discovery of black hole is definitely a feat of science and technology. What about the discovery of “One”, who is within; is at zero distance from self; is the Creator of black hole and all else?

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Sunday, April 28, 2019

Those who relate with the World and World's Maker in befitting ways are winners. Those who relate with the World and World's Maker in unbefitting ways are losers.

The Guru of Truth knows the difference between the befitting and unbefitting ways. The disciple of True Guru learns the difference in two ways and rejects unbefitting ways. An earnest disciple of True Guru is a winner.

Sunday, May 5, 2019

There are many ways to have instant Darshan / Milap of Supreme Being. If mind is able to be truly grateful and truly content at any moment, then mind is focused and awareness is in the Presence of Supreme Being.

Continuous Darshan / Milap is possible if mind is able to sustain true gratefulness and true contentment. If not, then not.

Sunday, May 12, 2019

Definitions:

Manmukh: Any member of humanity who is irreverent and uninformed of True Wisdom — wisdom of those who are in union (True Guru, True Bhagat) with Waheguru.

Gurmukh: Any member of humanity who is reverent and informed of True Wisdom — wisdom of those who are in union (True Guru, True Bhagat) with Waheguru.

There are two themes of Baanee of Sri Guru Granth Sahib. One theme deals with persons who are separated (ਮਨਮੁਖ, ਟੂਟੇ ਹੋਏ) from True Guru and Waheguru. The second theme deals with persons who aspire for union or are in union (ਗੁਰਮੁਖ, ਜੁੜੇ ਹੋਏ) with True Guru and Waheguru.

Both themes are illustrated with numerous Shabads of Sri Guru Granth Sahib. The Shabads that illustrate separation, arouse dislike and scorn in the mind of reader or listener of the Shabads. The Shabads that illustrate union, arouse longing, admiration and praise in the mind of reader or listener of the Shabads.

The Shabads regarding union are of two categories. One category deals with entreaties (Ardass) to Waheguru for the blessing (Daat) of union. The second category deals with satisfaction and joy derived from union with Waheguru.

The entreaties for union and joy of union with Waheguru are created in the mind of earnest disciple by True Guru. The powerful impact of Gurshabads transforms the mind of disciple. The disciple either yarns for union with Waheguru or celebrates the fact of union with Waheguru. The union is everlasting and is doubtlessly the greatest blessing, among other untold blessings, of the One who is the Greatest.

The union with Waheguru is experienced as steady flow (Parwah) of remembrance (Simran, Jap, Bhagti, Dheouna, satkar, piaar) of Waheguru. It is said that in union, the remembrance of Waheguru extends over night and day.

The deeply held emotional links with Waheguru, which are fostered in the mind by Baanee of Guru, sustain. These links provide the foundation to remembrance of Waheguru.

Sunday, May 19, 2019

The Supreme Being is present everywhere and at all times. The moment mind acknowledges this truth, Supreme Being is present before the mind that very moment.

If mind desirers to address the Supreme Being, then words of humility, respect and affection (ਪਿਆਰ ਅਤੇ ਅਦਬ ਵਾਲੇ) are proper to address. If devotion is intense, then Omnipresent is also present in the mind.

The perspective of devotion for Supreme Being is not easy to possess. If Guru of Truth lends (Disciple learns Guru's perspective) his perspective to the disciple, then disciple's views and feelings towards Supreme Being become intensely devotional and harmonious with Guru.

Sunday, May 26, 2019

There are countless bodies and there are countless minds. The varieties of bodies and varieties of minds are also countless. Each of the bodies has limitations and defects. Each of the minds has limitations and defects.

The 'Limit-Free and Defect-Free' operates all bodies and all minds. The Supreme Being is omnipresent; present as well inside each body to give life to it. Think about this wonder of wonders!

No mind is capable of self-enlightenment, to witness the Omnipresent within. All efforts and all rituals are futile. But the Supreme Being is capable of enlightening any mind to enable it to witness the Omnipresent within.

The Supreme Being who is present everywhere is capable of endowing any mind with Presence. ਜੋ ਹਰ ਜਗ੍ਹਾ ਪਰਕਾਸ਼ਮਾਨ ਹੈ ਉਹ ਮਨ ਵਿਚ ਵੀ ਪਰਕਸ਼ਮਾਨ ਹੋ ਜਾਂਦਾ ਹੈ। This happens as the result of discipleship and grace of True Guru. When the Omnipresent graces a mind with Presence, then that mind has a unique blessing, among countless other, of witnessing Supreme Being inside self and outside self. Mind then is in permanent union with Supreme Being.

The moment mind becomes doubt-free of expressions of True Guru, that very moment Supreme Being appears in that mind. It is this automatic. However, to become doubt-free (Become harmonious with the Kalaam of True Guru, ਨਯੱਅਤ ਦਾ ਰਾਸ ਹੋ ਜਾਣਾ) is not easy.

Sunday, June 2, 2019

The dearest aim of True Guru is to unite the disciple with the One with whom Guru is in union with. Guru achieves this aim by Transferring to the disciple own understanding and emotional ties with the Supreme Being.

The uncompromising condition to transference of Guru's wisdom is absolute earnestness of disciple to learn from the Guru. There is no other way to truly learn from the Guru.

Sunday, June 9, 2019

The utterances of True Guru emanate from the mind which is imbued with absolute belief in utterances. Hence the 'Addressee' responds instantly.

True Guru desires that the disciple is also able to utter with absolute belief in addressing the Supreme Being. How long it takes to address the Supreme Being in the above manner depends on the earnestness and fidelity of the disciple.

ਠਾਕਰੁ ਗਾਈਐ ਆਤਮ ਰੰਗ

With self, devoted completely to Thakur, sing praises of Supreme Being.

Sunday, June 16, 2019

Human Beings have emotional links with close relatives. These emotional links develop automatically. An amazing truth is that emotional links do not develop automatically between Human Beings and their Maker — Sustainer!

A Truth Speaker (True Guru) must intercede in order that emotional links develop between Human Being and the Maker — Sustainer of the Human Being. The wisdom of True Guru must be learned by the person. Only then a person considers and appreciates the Maker — Sustainer as his / her own Revered and Loved One.

The Revered and Loved One automatically occupies the mind of a person who has been educated by the True Guru. The reverse is also true. The True Guru states that the disciple (Person who has benefitted from wisdom of Guru) receives deep care from the Revered and Loved One. This is similar to a mother or father caring deeply for the child. No conscious effort is needed by the child to feel the emotional links with mother or father.

The above facts should harken a person to embrace the wisdom of True Guru, without delay. The prize of such learning is intimate relationship with the One who is Supreme, is the Fulfiller of all worthy desires and hopes, and is dispeller of all poisoned and worthless leanings of mind.

Sunday, June 23, 2019

Gurbani of Sri Guru Granth Sahib, whether of Gurus or of Bhagats or of Bhatts or of Sikhs, enacts spiritual scenes before the mind. The purpose is to enamor the mind with the Name of One — Lord of all.

ਕਾਗਾਂ ਕਰੁੰਗ ਢੰਡੋਲਿਆ ਸਗਲਾ ਖਾਇਆ ਮਾਸੁ
ਇਹ ਦੋਇ ਨੈਨਾਂ ਮਤ ਛੂਹੋ ਪਿਰ ਦੇਖਣ ਕੀ ਆਸੁ
— Baba Freed Sahib

Sunday, June 30, 2019

From the vantage point of self-worthlessness, a person connects with the One who is utterly Worthwhile and Splendid beyond words. This is the only way to forge union between the two —worth nothing and Worth All.

When hankering after the false, temporary and worthless stops, only then the True, Eternal and Worth All appears in the mind. This is possible only when True Guru's wisdom takes hold of the mind.

ਨਿਰਧਨ ਧਨ ਪਾਇਉ
ਨਿਰਗੁਨ ਪਾਇਉ ਸਰਬ ਗੁਨੀ

Sunday, July 7, 2019

In the current epoch, there are billions of human minds. Each mind is unique. Each mind has unique imprints (From previous births and this one). The Knower of each mind (Antarjami, ਅੰਤਰਜਾਮੀ) is aware of imprints, thoughts and actions of each mind. This was the truth in the past. This will be the truth in the future.

The staggering variety of human minds is the depository from which the Knower of minds selects the minds to who the Knower gives Dhan (wealth) of His remembrance (Yaad, Simran). In return, He requires the submission of each mind to Him and the Guru of Truth to conclude the bargain.

The Knower of minds is known to select minds as He prefers. The selection is unpredictable. He is known to select ignoble minds as well as noble minds and minds in between. Nobody would ever know, why?

Once the selection is made, the selected person is made the disciple of Guru of Truth. The aim of Selector is to transform the selected mind so that it comes into harmony with the views and emotions of True Guru.

If the mind thinks and feels as if the words of Gurshabads are mind's own, then that mind means the content of the words. As is the truth of union of Guru with Waheguru, the mind which is harmonious with Guru, also unites with Waheguru, the Selector. (Intkhab Kuninda se vasal ho jata hai).

So long as one's mind is disharmonious with Guru, mind cannot unite with Waheguru. This is true. Any and all efforts to unite with Waheguru prove futile if one remains discordant with the wisdom of True Guru.

An honest reflection on self by any mind establishes if the mind is harmonious or disharmonious with Gurbani. As an earnest student of Gurbani, self-reflection goads one to come into harmony with the wisdom of Guru —keep on learning and growing. To have union with Waheguru is to have harmony with Shabads of True Guru.

The minds which remain discordant with Guru and Waheguru, suffer the fate of being ruled by five invincible passions. Thus commit actions in life the consequence of which is entrapment in the cycle of birth and death and suffering. The adverse imprints on the mind cause this.

Sunday, July 14, 2019

The process of listening to Gurbani, reading Gurbani, understanding Gurbani, accepting the precepts and emotions expressed in Gurbani, deeply valuing Gurbani leads to mind being intensely devoted to God on numerous accounts, both rational and emotional. Gurbani appeals to both head and heart.

Since God is The Existent Reality with infinite attributes (Is not an imagined being), an extremely devoted mind becomes the abode of God. God graces the mind with Presence. This is the natural consequence of earnest and sustained discipleship of Sri Guru Granth Sahib.

ਹਰ ਹਰ ਨਾਮ ਅਪਾਰ ਅਮੋਲੀ
ਚਿਤ ਚਿਤਵੂੰ ਜੈਸੇ ਪਾਨ ਤਮਬੋਲੀ

The Presence of Waheguru in the mind generates heavenly pleasure (Ras, Anand, ਆਨੰਦ), the likes of which is not matched by another pleasure. Once this pleasure is tasted, mind cares not for other pleasures.

ਇਹ ਰਸ ਆਵਾ
ਉਹ ਰਸ ਨਹੀਂ ਭਾਵਾ

Sunday, July 21, 2019

All existences, whether animate or inanimate are the result of causation. In the present form, each existence is the most recent effect of long series of causes.

If the layers of causes are peeled off, then one finds the Original Cause. Gurbani names the Original Cause as Hukum, the Will of God.

ਹੁਕਮੇ ਅੰਦਰ ਸਭ ਕੋ
ਬਾਹਰ ਹੁਕਮ ਨਾ ਕੋਏ

According to Gurbani, if the Hukum is understood and accepted, then the separateness of mind from God ends. Mind is blessed to experience oneness with God.

How long does it take to understand and accept Hukum? It is not easy to answer this question. However, Gurbani assures that mind unites with God the moment it ceases to entertain the illusion that it causes what happens, causes all happenings.

ਜਬ ਲਗ ਜਾਨੇ ਮੈਂ ਕਿਛ ਕਰਤਾ
ਤਬ ਲਗ ਗਰਭ ਜੋਨ ਮੈਂ ਫਿਰਤਾ

ਨਾਨਕ ਹੁਕਮੇ ਜੇ ਬੁਝੈ ਤਾ ਹੌਮੇ ਕਹੇ ਨਾ ਕੋਏ

Marvel at Remover of darkness / ignorance, the True Lord, Immortal, Eternal Light (Jot, ਜੋਤ) in all animate and inanimate bodies.

We are blessed to think of Guru Nanak, the Redeemer, Savior and Unitor, with reverence and love. He wishes obedience of his disciple with the Grand Cause — Cause of causes, Hukum. He puts his disciple on the path of union with the wielder of Grand Cause, the wielder of Original Cause, the Wielder of Hukum. The Omnipotent. The Lord of all and overall.

Sunday, July 28, 2019

Milaap, union, between the Supreme Being and His devotee takes place in the fraction of a moment — in a nanosecond. In fact in no time. The disunion may have been over a long time or over a very, very long time. All hurdles, all barriers, all obstacles that separate the two are shattered in no time. Once united, the union is forever. Such is the power and kindness of the Supreme Being. ਵਿਛੋੜਾ (separation) due to Haumen disappears in no time. Such is the power of discipleship of Guru of Truth. Once the Haumen disappears, its disappearance is forever.

ਦਰਸ ਪਿਆਸ ਮੇਰੋ ਮਨ ਮੋਹਿਉ
ਹਰਿ ਪੰਖ ਲਗਾਏ ਮਿਲੀਜੈ

Sunday, August 4, 2019

Teachings of Gurbani make the disciple an ideal citizen of the world by instilling noble morals in mind. Teachings of Guru make the disciple a believer in the existence of Supreme Being. Teachings make the disciple a believer in life after death. Teachings make the mind positive and optimistic. End of life is not a sad experience of annihilation. Teachings put the disciple on path to union with the Supreme Being. To be a disciple of Guru of Truth is to make the most of human birth — to live with nobility and dignity and to depart the world fulfilled and on to a blessed life afterwards.

Sunday, August 11, 2019

Body languishes without nutrition (Bhojan). Mind languishes without nutrition (Bhajan). Food provides Bhojan to the body. Gurbani provides Bhajan to the mind. Healthy body is a great asset of a person. Healthy mind is an even greater asset of a person. These together create good health, peace, contentment and joy for a person.

The dictum of True Guru, to work in order to make a living, to partake in food and share it with others, and to worship the Creator, is the panacea for having good health of both body and mind.

Sunday, August 18, 2019

Parmaatma causes bodies to be alive by putting Aatma (soul) in each body. In case of human beings, Aatma not only keeps each body alive and functioning as ordained for each body, but also causes recording of intents and actions of each mind throughout the time each human being is alive.

The recorded intents and actions of each mind become the basis of next body, soul (Aatma) is to provide life to. Thus the cycle of birth and death gets underway.

If a mind is fortunate and is instructed / enlightened with the wisdom of Guru of Truth, then the intents and actions of that mind free it from the cycle of birth and death. Such a mind is blessed with eternal freedom (Salvation) and union with Waheguru.

Any person, whose approach to learning from the True Guru is sincere and determined, is on the right path to free self from bondages and be blessed with salvation. The fortunate ones from among the disciples of Guru may even be blessed to gain union with Waheguru.

ਸਤਗੁਰ ਮੇਰਾ ਸਦਾ ਦਇਆਲਾ
ਮੋਹੇ ਦੀਨ ਕੌਉ ਰਾਖ ਲੀਆ

Sunday, August 25, 2019

An earnest, committed and reverent disciple of True Guru is naturally devoted to Waheguru. The understanding and internalization of Guru's wisdom unites the disciple of True Guru with Waheguru.

The understanding and internalization of wisdom of True Guru is a process and product of devoted learning. It requires persistence and intense desire to learn and grow in wisdom. The synergy from company of saints (Sadh Sangat) boosts the growth.

Disciple's 'own self-evaluation' confirms the extent to which Guru's wisdom has been learnt and internalized. The learnedness of disciple is reflected in disciple's character and conduct.

The level of purity, piety and poise of disciple's mind, and focus on Waheguru determine closeness or distance from Waheguru. At the apex of closeness, the devotee and Waheguru become One. According to Gurbani, the devotee becomes aware of this oneness.

"ਰਾਮ ਕਬੀਰਾ ਏਕ ਭਏ ਹੈਂ ਕੋਏ ਨ ਸਕੇ ਪਛਾਨੀ"

Raam and Kabir are now indistinguishable. (Disunion has vanished).

Sunday, September 1, 2019

The wisdom of True Guru is difficult to learn. It may take a long time to become versant with Guru's ideas and feelings about saints and Waheguru. Both head and heart must be engaged. Both ideas and emotions in Gurshabads must be learnt. Ideas must be accepted. Emotions must be felt.

While listening to Gurbani or while reading Gurbani, disciple must pay attention to what is being said. To be able to affirm agreement with what is read or listened, takes effort, time and much learning. If a disciple is able to affirm agreement with ideas and feels the emotions of Guru —honestly, deliberately, unequivocally and humbly, then the disciple is in harmony with True Guru. To be in harmony with True Guru is to be in union with Waheguru, for True Guru is in union with Waheguru. Guru's utterances are in harmony with Truth. It is impossible to be in harmony with True Guru and yet be in disunion with Waheguru.

The doubt-free agreement with Guru's ideas may be dim, not lucid, for the disciple of True Guru is at an early stage of learning Guru's wisdom. The mind of disciple may not feel some delicate emotion(s) expressed in Shabad(s) or understand and accept some profound precept(s). This condition is normal. If the disciple persists in learning from the Guru, then in time, Gurbani Shabads would become lucid to understand intellectually and to feel emotionally.

In case agreement with Gurshabad is not possible because certain word(s) or concept(s) is not properly understood, then the disciple needs to consult with someone who is able to help. If the disagreement of a person is because of persistent doubt about the sermon or because of rejection of the sermon, then it is clear that the person is disqualified to be a disciple of Guru of Truth. Such a person is labeled as Manmukh by True Guru.

Sunday, September 8, 2019

Planet Earth, home of mankind and countless other living beings, is surrounded by space whose limits are not known to anyone including space scientists. The endless space is home to infinite number of moons, suns and other lifeless (As we know life to be) bodies.

It blows the mind to know that the Creator and Sustainer of all living and non-living beings selects a few human beings at any given time to engage in a mutual love relationship with them.

ਕੋਟਨਿ ਮੈਂ ਕੋਊ ਨਾਰਾਇਣ ਜਿਹ ਚੀਤ

According to Gurbani, there is one person out of tens of millions who worships Waheguru.

Sunday, September 15, 2019

Rab is supremely attractive, kind, forgiving, and merciful. And it is presence of Rab in the body which operates all functions of the body. Human mind may or may not recognize this fact.

Manmukh person is morally unanchored and spiritually challenged. This person is either oblivious of Rab or intentionally in denial of Rab. Manmukh is trapped, trapped in own egotism (ਹੌਮੈ).

Gurmukh person is morally anchored and spiritually alive. This person is either in union with Rab or on the way to union with Rab. This person values Rab deeply and intimately. Rab is either inside the mind of Gurmukh or waiting to enter, as this mind becomes pure (free of egotism—ਹੌਮੈ) under the impact of wisdom of True Guru. Gurmukh revers and loves God intensely.

The pure mind of Gurmukh views Rab as supremely attractive (irresistibly attractive), kind, forgiving, merciful. Rab and Gurmukh, with pure mind, must unite, for they cannot be separate. The fact of union is known only to Rab, Gurmukh and some person(s) who is also in union with Rab (saint).

ਨਾਨਕ ਸਤਿਗੁਰ ਤਿਨਾ ਮਿਲਾਇਆ ਜਿਨਾਂ ਧੁਰੇ ਪਇਆ ਸੰਜੋਗੁ

Rab preordains union with True Guru

In union with Rab, Gurmukh utters:

ਤੁਝ ਬਿਨ ਕਵਨ ਹਮਾਰਾ ਮੇਰੇ ਪਰੀਤਮ ਪਰਾਨ ਅਧਾਰਾ

(Tujh bin kawan hmara merey pritam pran adhara)

And

ਗੁਰ ਪੂਰੇ ਚਰਨੀ ਲਾਇਆ ਹਰ ਸੰਗ ਸਹਾਈ ਪਾਇਆ

(Gur poorey charni laeaa Har sangh sahaee paaeaa)

Sunday, September 22, 2019

Planet Earth, home of mankind and countless other living beings, is surrounded by space whose limits are not known to anyone including space scientists. The endless space is home to infinite number of moons, suns and other lifeless (As we know life to be) bodies.

It is astounding to know that Waheguru cares for each living being, from an elephant to an ant. How is this possible? Only Waheguru knows.

It blows the mind to know that the Creator and Sustainer of all living and non-living beings selects a few human beings at any given time to engage in a mutual love relationship with them. In the final analysis then, is the purpose of act of creation to love a few and assign others to the cycle of birth and death, in light of their actions in life, on Mother Earth?

ਕੋਟਨਿ ਮੈਂ ਕੋਊ ਨਾਰਾਇਣ ਜਿਹ ਚੀਤ

According to Gurbani, there is one person out of tens of millions who devotes to Waheguru with love and reverence (Worships Waheguru).

To those who are in union with Waheguru, Waheguru is like an infinite Canopy over the head. Waheguru as Canopy is an unseen entity of infinite attributes. The Canopy is inescapable. The Canopy extends everywhere. Canopy can only be seen by mind's eye. This eye is opened by True Guru. Then the Canopy is seen within as well as outside of self.

Immediate Darshan of Waheguru is had if the infinite space is visualized as infused by the infinite attributes of Waheguru. If this awareness is held on an ongoing basis, then the Sikh is ever in the presence of Waheguru.

The above is one angle to relate to the Supreme Being.

ਪਰਭੁ ਕਾ ਸਿਮਰਨ ਸਭ ਤੇ ਊਚਾ

Devoted awareness of Prabh is unsurpassed

Sunday, September 29, 2019

Waheguru (Dhahn dhan gyan daata) is linked inseparably with every living being. Recognize this truth. Satguru advises to delink the mind from egotism (ਹੌਮੈ) and Maya (temporary, seductive and false). Instead link the mind with Waheguru, the Supreme Being, with utmost devotion (ਸ਼ਰਧਾ). This union is most sublime and superbly beneficial.

It is tough to unite the mind with Waheguru. But Guru says the Supreme Being, of infinite and unique attributes, is already united with everyone. So take heart. The only things to do are to get rid of egotism (ਹੌਮੈ), doubt (ਭਰਮ) and waywardness (ਦੁਭਦਾ). Humility towards and intense devotion (ਸ਼ਰਧਾ) for Waheguru unite the mind with Waheguru.

The above is entirely possible. Have faith in Waheguru. Follow the wisdom of ਸਤਿਗੁਰੂ (Guru of Truth). Read / listen to Gurbani and internalize the divine lessons, which are aimed at purification of self and unification of mind with Waheguru.

ਮਨੁ ਧੋਵੈ ਸਬਦ ਲਾਗੋ ਹਰ ਸਿਉਂ ਰਹੋ ਸਮਾਈ

A mind made pure and devoted by Gurmat becomes the abode of Waheguru. In union with Waheguru, such a mind becomes indistinguishable from Waheguru.

ਰਾਮ ਕਬੀਰਾ ਏਕ ਭਏ ਹੈਂ ਕੋਏ ਨ ਸਕੇ ਪਛਾਨੀ

Sunday, October 6, 2019

To reach any destination, there is a first step. To reach the destination of union / oneness with Waheguru, there is a first step. This step is mental. It is a doubt-free, firm, unshakable belief in the existence (Hond, ਹੋਂਦ) of Waheguru (Creator, Sustainer, Destroyer). The next steps must be learnt from someone who is in union with Waheguru. This someone is Guru of Truth — Sri Guru Granth Granth.

The attributes (ਗੁਣ) of Waheguru must be learnt. The attributes must be appreciated. The attributes of Waheguru are infinite. Certain attributes of Waheguru, which are relational with humanity, must be recognized and appreciated. The relational attributes of Waheguru which are particularly helpful for progress towards the destination of union with Waheguru, are: Waheguru is Averse to egotism, Merciful, Kind, Ever-Forgiver of wrong-doings, Listener-of supplication, hungry-for-heartfelt worship. This worship is devotional and suffused with true love.

In worship of Waheguru, the most direct way to unite with Waheguru is to praise Waheguru, genuinely and sincerely. Such praise is learnt from the sermons of True Guru. So, read and listen to Gurbani. This type of praise goes deep in the mind. A time comes when this praise of Waheguru emanates from devotee's mind. Waheguru honors this mind with His presence in it.

According to Gurbani, the union with Waheguru is Sehaj state (awastha) of mind. In Sehaj state, mind is connected with Waheguru in an effortless, automatic, blissful and reverential manner. All fears, doubts and waywardness of mind disappear. Blessings of Waheguru rain on such a mind. The person becomes recipient of Faith (Dharm), Wealth (Arth), fulfillment of desires (Kaamnaawan) and Freedom from bondage / salvation (Mokh / Mukti). Oneness with Waheguru makes the person truly virtuous

Sunday, October13, 2019

If Waheguru and Satguru are favorably disposed towards a person, then that person engages in worship. The person is attracted towards the sermons (teachings) of Satguru and learns the lessons earnestly and devotionally.

Waheguru and Satguru together guide the person to destination of union with Waheguru. Their guidance and support is necessary to make progress in the spiritual journey.

ਗੁਰਬਾਣੀ ਤੇ ਹਰਿ ਮੰਨਿ ਵਸਾਏ
ਨਾਨਕ ਸਾਚਿ ਰਤੇ ਪ੍ਰਭਿ ਆਪਿ ਮਿਲਾਏ

The fully-progressed devotee reaches the mental state of Sehaj. In this state, worship (connectedness with Waheguru in love and reverence) becomes automatic and continuous over twenty-four hours. The devotee is in union with Waheguru. The mind of this devotee is free of doubt (ਭਰਮ), fear (ਡਰ), worry (ਚਿੰਤਾ) and waywardness (ਦੁਭਦਾ). Devotee is ever-focused on Waheguru.

According to Gurmat, the devotee, who is in union with Waheguru, experiences a unique pleasure (Har Ras), in perpetuity. This is said to be the climax of worship of Waheguru.

According to Gurbani, rare persons are destined to receive the blessings of Sehaj and Har Ras. The rest of humanity remains unaware of these blessings.

There are disciples (Sikhs) of Satguru who are at various stages along the continuum of spiritual journey. The committed Sikhs continue the journey, steadfastly. They aspire for union with Waheguru. They continue discipleship of Satguru. They take lessons of Divine Wisdom to heart and never engage in mere lip service.

They do not exchange protection by Waheguru for any other protection. They do not exchange Har Ras for any other pleasure. They do not exchange affection for Satguru and Waheguru for any other affection. In short, the committed Sikhs of True Guru do not exchange wisdom of Guru for anything else.

Sunday, October20, 2019

Our True Guru (Satguru): From Guru Nanak Dev Ji to Sri Guru Granth Sahib.

Our Rab: “One” who is Rab of our Gurus.

Attributes (ਗੁਣ) of Rab: Are those which are named and described by our Guru, Sri Guru Granth Sahib. Our Guru is our Guru moment to moment, continuously. Our Rab is our Rab moment to moment, continuously.

Our Guru is in harmony (union) with Rab. Are we?

If Guru regards us as humble, reverent, supplicant, sincere and steadfast disciples of Guru, then we are in harmony (union) with both Guru and Waheguru.

How do we know that Guru regards us as humble, reverent, supplicant, sincere and steadfast disciples of Guru? The heart, which feels the emotions of humility, reverence, supplication (Ardas), sincerity and steadfastness towards Guru, is regarded by Guru as humble, reverent, supplicant, sincere and steadfast. And thus that person is in harmony (union) with Guru and Waheguru.

According to Gurbani, to be in harmony with Guru and Waheguru is the supreme goal of human life. Those among humanity, who are in harmony with Guru and Waheguru, are the most blessed ones.

The above emotions are inculcated in the mind by discipleship of True Guru. Gurbani (pious Kalam of Guru) has the power to create these sublime emotions in disciple’s mind.

Unite not with the mortal (fani) Sansar
Unite with the Immortal “One”
Union with Sansar is temporary
Union with Immortal is forever
Pious Kalam of Guru unites with the “One”
Devote to Guru with deep affection

Sunday, October27, 2019

This Insight concludes the daily and weekly remittance of Insights to you by Email. A PDF of the complete series, which covers about a year, is almost ready. Plan is to share the same with you. It is hoped that you have benefitted from the Insights.

Ideally, a Sikh of True Guru must not let a moment of time go without Simran. Simran is intense connectedness of self with Waheguru. Such deep devotion (ਸ਼ਰਧਾ) towards Waheguru is learnt only from Guru of Truth, who is currently and in the future, Sri Guru Granth Sahib.

The moment to moment awareness of Waheguru is possible only if awareness is automatic — effortless, similar to heartbeat, breathing, circulation of blood in the body. According to Wisdom of True Guru, this natural awareness is Sehaj state of awareness.

Sehaj: Mn di samadhi leenta, kudrati hi. Guru charna da, prabhu charna da Mn which pargat ho jaana.

The Sehaj state of awareness of Waheguru is the highest blessing to the Sikh of True Guru and to the worshiper of Waheguru. Judicious discipleship of True Guru and ongoing supplication (Ardas, ਅਰਦਾਸੁ) to Guru and Waheguru are said to finally bear fruit — result in the unique, wonderful and priceless blessing of Sehaj.

IN THE SEHAJ STATE, SELF (MIND) EXPERIENCES FREEDOM FROM:

Doubts about the greatness of Guru and Waheguru, fear, discontent, five invincible emotions, ill will, jealousy, hatred, enmity, pessimism, harming others, betrayal of trust, false witness, lies, violation of rights of others. Instead, the person engages in thoughts and actions which are in opposition to the above.

'Recognition and appreciation' of Gurshabads is the mandatory first step of love-path. If the mind is not engaged, is not impressed and does not accept the sermons of True Guru, then elaborate displays of religious fervor amount only to public display of piety. Rasmi sikhi is lok dikhava.

The path that leads to the destination of oneness with Guru and Waheguru is the path of devotion (Love and reverence) for Guru and Waheguru. Treading on this path, the Sikh does not concern oneself with worldly recognition and praise. The above pursuit is not to impress people but to advance the self in love (Prem) for Guru and Waheguru, to reach the goal of oneness (harmony) with Guru and Waheguru.

PLEASE NOTE: *It is highly recommended that you listen daily to a few Shabads on Ang (pages) of Sri Guru Granth Sahib, from 600 - 711. The Shabads are easy to understand. You may listen to the audio on your Cell Phone. The reciter Bhai Ji does a very good job. Follow and personalize the emotions expressed in Shabads. Try to feel the emotions. It may be difficult. But persist. A sincere effort should bear fruit.*

~~~~~ End of weekly Insights (2019) ~~~~~
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Satnam Waheguru

Waheguru Ji Ka Khalsa, Waheguru Ji Ki Fateh